The Sacramento Observer

SECTION B

OBSERVATIONS

APRIL 25 - MAY 1, 1974 THE OBSERVER PAGE B-1

A Community At Seige

A southeast section of Sacramento, a community called Oak Park, looked a lot like a foreign country under seige this week as military fashioned police occupied the area.

Less the tanks Oak Park was a frightening sight.

Police snipers stationed on roof tops could have, with provocation hit anything that moved from their vantage points.

Police officers at ground level resembled battle hardened Vietnam troops marching into a "free fire zone."

The atmosphere hung heavy with suspicion as two cultures came together on unfriendly terms.

White officers uncertain of what to expect undoubtedly were asking themselves who was the enemy and who was friendly. Residents of Oak Park, particularly Blacks, were asking themselves the same question.

Why did the police come with such a show of force?

Sacramento Police Capt. Thomas Stark said that the known incidents of violence associated with police searches of Muslim facilities in other parts of the country prompted Sacramento authorities to be prepared "for any eventuality."

Police Sgt. S. M. Kidd, told residents early Wednesday morning when questioned about the heavily armed officers, that they were "playing it safe."

Capt. Stark added that people were kept out of the area for their own protection.

The captain's statements drew harsh criticism from community residents who questioned him outside of the Sacramento Police-Community Relations Office located on 35th St.

It was clear this week that many residents just did not want to accept the fact that nearly 300 heavily armed police stationed within a five-mile radius were there for their own protection.

Black leaders at a press conference held in James McClatchy Park later during the week, read a letter prepared by members of the Black community and sent to Muslim Minister Benjamin, Minister of the local Temple.

The letter was highly critical of police tactics:

"On behalf of the Black Community we would like to express our outrage, disgust and indignation at the action of the Sacramento County Sheriff's Department and the Sacramento Police Department, regarding their joint attack on the Nation of Islam."

The letter went on to level condemnations at police armed with sawed-off shotguns and wearing flack jackets, for brutalizing the principals of the Nation of Islam by smoking, cursing and generally committing acts of sacrilege on a place of religious worship.

The Black community and police relations have never been generally good.

"Blacks have long contended that white psychology views every Black (regardless of their social position) as potential criminals," said one local Black leader. In the final analysis, this theme may explain the action taken by the Sacramento Police Department this week," he added.

Minister Benjamin, local Muslim leader, said prior to the Black leaders' press conference, that the police ". . .would not break into any other temple, synagogue, or church like they did here (this week)."

The police action brought business in Oak Park along 35th Street to a standstill.

A meeting of community residents and members of the Muslim temple here in Sacramento is planned for late Friday evening, at which time the Muslims will give their version of why their Temple was invaded by police.

The Road To A Police State

There's something both fascinating and shocking about the collective panic that seems to have gripped the City of San Francisco and its leadership.

The so-called Zebra killings - a dozen murders since November, the victims all white, the killer described as Black -- have led to the employment of dragnet techniques that promise little success in finding the killer but which may point the way toward establishment of a police state.

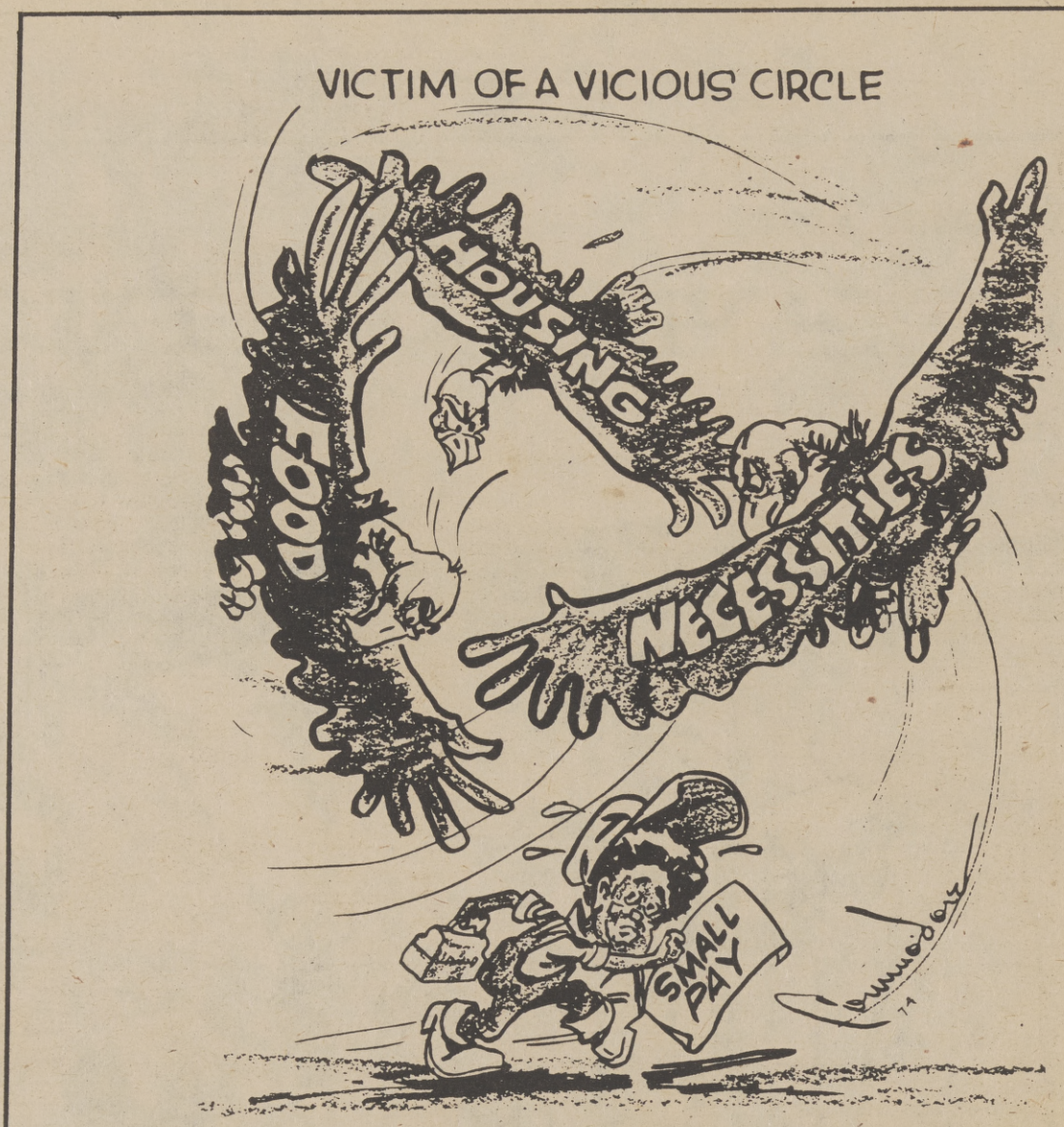
Apparently all the police know is that the killer is Black. Eyewitness accounts vary wildly in description, but the police are sticking to a general description that could fit a large proportion of the city's Blacks.

How do you find the killer in a big city with such an inadequate profile of what he looks like? San Francisco's answer is to launch a massive stop-and-frisk operation in which any Black man who remotely resembles the supposed killer is stopped on the street.

Worse, after frisking and questioning, the innocent citizen whose rights are infringed is then handed a card identifying him as having been searched and cleared. That care then becomes his "pass" to walk on the streets again. The only comparable system is South Africa's pass system for Blacks.

Here we have, in what is supposed to be one of the most enlightened cities in the country, a gross abrogation of citizen's rights in the name of law and order. We have a situation in which Black people are subjected to the whims of police officers without having done anything to arouse suspicion of wrong-doing other than being Black and fitting a certain age, height and

(Continued on Page B-4)



The Sacramento Observer

EDITORIALS

On His Taxes: Sammy Should Speak Up

It's time for Sammy Davis Jr., to step forward and tell anything he knows about that White House request to IRS for his tax files.

Politics is supposed to play no part in how much tax you or I pay to the Internal Revenue Service. A bosom buddy of President Nixon, like Sammy Davis, should pay no more than he actually owes - and no less, either.

It's part of our job as citizens to pay on April 15th. But it's also the responsibility of IRS to see that no citizen is unfairly taxed because of his race, creed, color, politics, or the way he ties his shoes.

However, according to Senator Lowell Weicker (R-Conn.), the Nixon White House has been using IRS files like a "lending library" and may have intervened in behalf of its pals to lighten their tax burden.

Weicker revelaed the IRS apparently sent over Sammy Davis Jr.'s files to the White House, along with the files of other Nixon favorites like Billy Graham, Frank Sinatra and John Wayne.

The suspicion now exists - and suspicion is far from proof - that the Nixon Watergate boys have been using IRS officials like errand boys. Was the Nixon White House, in violation of the tax laws, using its influence to get Sammy Davis or other favorites off the tax hook? Was the Nixon White House using the IRS to hound and harass pro-Democrat entertainers?

The public has a right to know. Rev. Graham has denied he ever asked for White House help over his tax problems. It is possible he didn't know that the White House asked for his files. And the same may be true for Sammy Davis. Maybe Davis didn't know the White House asked for his tax files.

But if Davis didn't ask the White House to look at his tax case, shouldn't he be hopping mad that the Nixon team was passing around his tax file - a tax file that is supposed to be confidential and known only to the IRS official examining it? Is it possible that Davis doesn't care that his civil liberties may have been violated by the White House?

On the other hand, suppose Davis did ask the White House to help him out, even though such political meddling may well be in violation of the law. Isn't if only fair and just for Davis to come forward now, admitting he made a mistake, and tell the American people the real inside story about how the whole matter came about and who was responsible in the White House?

Either way, it's time for Sammy Davis to speak up.

The IRS is in hot water for the first time with the American people. People don't like to have to pay taxes and there has always been grumbling on April 15th. But when the public sees the IRS official who told Nixon his tax return was okay get promoted to head the Philadelphia office, (when Nixon actually owed more than $400,000 to the U.S.), the public will be demanding some answers.

When the public sees the confidential files of private citizens in the hands of the Nixon Watergate boys, the public will be demanding some answers.

Let us hope that by the time this appears in print, Sammy Davis has come forward and convinced the public that he hasn't asked for special tax favors for himself while other citizens are paying their fair share.

SHERWOOD ROSS

The Sacramento Observer

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Letter To The Editor

On April 24, 1974, the Sacramento Police Department with the assistance of the Sacramento Sheriff's Department, held the Oak Park Community under a near state of siege. They (the police) refused to allow anyone with business or businesses located in the area, onto 35th Street (between 4th and 5th Avenues). This occupation continued until late noon.

The reasons for this "siege" was unclear at that time, however, it was known that the "law" had a warrant for persons whom they felt had taken refuge in the Temple of the Nation of Islam for an alleged murder of a white person.

There were also other speculations concerning what had occurred but nothing was explained. The "park" was complete with over and under cover agents, who attempted to sneak into every conversation held by the small groups of Oak Park Community residence, who came to observe the tactic's of City Hall in the "Park."

There seem to be a lot of confusion in terms of what the police were actually doing. The police did not seem to know what the problem was, nor did some of the surprised "informers" who grace the park every day looking for information -- so that they can inform on unsuspecting individuals for "chump change."

However, the issues that we are to deal with at this point are clear. They are apathy, fear and hypocritical compromises of individuals both present and absent from the latent confrontation.

If the police would have corner off a good old chicken eaten Church of God and Christ or Catholic Church or some of that bullshit, the community would have cried so loud it would have caused the resurrection of Jesus Christ, but, being that these were Muslims and Black People who tend to differ from the norm of most, no one really reacted. As viewed by this observer, a vendor could have sold beer and prezels to the onlookers in attendance during the seize, if the seize would have continued after dark, it would have turned into a party.

Questions were raised concerning the where about of the "bullshit" community leader.

I only saw two in attendance and they only communicated with the same "jive" arm chair philosophy and not the Muslims.

Where were the "jive" assed politicians who attend community meetings, assisting in making decisions determining Oak Park's destiny for the "good" of you.

Where was the "jive" assed Police Community Relations Division when the police needed relating to?

Does anyone know?

The community people who found themselves unable to attend the seige, just so happen to have had other appointments. You see, if they could have shown up, they might have found themselves in conflict with people they work so close with. . .the police. Yet these same people, (when you don't need them), continually explain what a great group the "police" are and how the Black Community should co-operate with them.

Where were these people today?

(The people almost had us co-operating in the murder and justifiable homocide of more of our brothers).

We as a community people are aware of our needs, yet we compromise them for reasons only we are in "tune" to.

The horror is not the police but, we as a whole who allow situations such as this to develop with predirection. We must determine our own destiny or suffer the continued humiliation of our fathers.

A press release issue from W. J. McKenny's office claims something about a Ford Pinto which matched a description of another car used in a murder.

"The vehicle was stopped and impounded for evidence and three subjects were taken into custody."

QUESTIONS:

1. What evidence was uncovered to cause this seige on the Oak Park Community?
2. Why the harrassment of Black Muslims?

A. Or does this harrassment have anything to do with the redevelopment of this area or is the "Nation" of Islam in conflict with the McGeorge's Law School and the police precinct they call community relations office?

3. Can the police justify anything they've done during this day? Remember this is not the first time men from this community have been arrested and charged with a crime from the mouth of a "snitch."

We must now join as a unit to combat the flight of all oppressed brothers and sisters irregardless of the slight political or religious differences. Solidarity between the men and women of the Nation of Islam is solidarity between the NAACP is solidarity between the Black Panthers is solidarity between the United Farm Workers, etc.

We as an oppressed people cannot continue to allow ourselves to be displaced by outside agitators and reactionaries. Our goal should be to "oneify" on issues relevant to all and assist in resolving them.

"WAKE UP NIGGA'S OR WE'RE ALL THROUGH."

A CONCERNED CITIZEN

TO BE EQUAL

REVENUE SHARING FLOPS

VERNON E. JORDAN
Urban League Executive Director

Revenue sharing has proved itself to be a great big flop. It's a success if your measurement is how much money the federal government can shovel into state and local governments. But if the yardstick is in how that money is used to tackle social problems and economic hardship, then the program is a miserable failure.

The big federal social spending programs of the 1960s were criticized on the ground that they didn't eliminate poverty. The present administration proposed that instead of these federal programs, the money would go to state and local governments to spend as they wished.

The idea was that these units of government were closer to the people and would be better able to judge how to spend money for resolving local problem areas.

Congress wisely didn't buy this wholesale dismantling of vital federal programs. But it did authorize a five-year, $30 billion general revenue sharing program that does not replace existing federal operations.

The federal Office of Revenue Sharing has now come out with a detailed report on how the first $2.8 billion was spent, and it's a sorry story.

The report breaks down the spending by category. By far the biggest chunk of money, almost half, went into two areas - public safety and education.

Since these are areas that are almost always funded by state and local taxes, this new spending is really a way to avoid local tax hikes. I doubt that much of it represents new money that wouldn't have been spent anyway. And I doubt that much of it went into making ghetto areas safer or schools better.

A lot of communities frankly said that the revenue sharing money enabled them to cut taxes or to defer tax rises. So the program really comes down to the federal government borrowing money to give to state and local governments who use it to keep their own taxes down. Since servicing this debt comes out of our federal taxes, the situation has the aspect of taking from one pocket to put into the other. And it has its share of "the hand is quicker than the eye" razzle-dazzle.

What about programs to reduce poverty? Many people said that Washington is too far away; that local towns would know better where the poor are and would use the money to deal with their problems.

Not so. Out of the $2.8 billion, a measly $25 million-less than five per cent - went on the combined categories of social services for the poor and aged, housing and community development, and economic development.

And even this pitiful amount is swollen by expenditures on the state level. County governments put only two per cent of their cut of revenue sharing funds into those key categories. And cities and towns only put about one per cent into them.

So, by Washington's own figures, the revenue sharing program emerges as a giant pork-barrel scheme that spreads federal tax dollars across the country without any appreciable benefit to the sectors of our society most in need.

The President is always saying that he wants to put responsibility for programs at the level of government nearest the people. But, if anything, this experience shows that the lower the level of government, the greater the insensitivity to the problems of poverty.

It proves that, with some exceptions, states and localities are equipped with neither the resources, the experience, nor, often, the will, to deal creatively with social programs. There still is no substitute for creative, adequately financed national programs to deal with national issues, administered by the federal government with the advice and counsel of localties and the intended beneficiaries of those programs.

The Sacramento Observer

FORUM

The Union Card And The Working Poor

BAYARD RUSTIN
A. Philip Randolph Institute

How do you help the working poor? Society has been trying to answer that question for years. And the chalenge of providing justice and dignity for those at the bottom of the economy has defined the impetus for social change since the New Deal.

All kinds of proposals - guaranteed income, tax reform, manpower training, community action programs - have been advanced in the name of reducing the scandalous gap between the rich and poor. And certainly some of these ideas are basic to a program of social change. A guaranteed income could resolve the welfare crisis; manpower training represents an important means of enabling uneducated workers to escape dead-end jobs! and tax reform is a matter of simple justice.

But there is another strategy - seldom mentioned by those who set the tone of the debate over social policy - by which millions of working people can achieve a better standard of living and a more satisfying life. That strategy is union organization.

Those who criticize union members as middle class are guilty not simply of distorting the facts; they miss the point altogether. Thirty years ago, most industrialized workers were numbered among the working poor; it was through the efforts of their unions that they were able to rise above impoverishment.

Today the union card is still the main vehicle for economic justice. The Mexican-American employees of the Farah pants company who recently won union recognition and a new contract after a lengthy strike gained a new sense of hope through their union, and raised the expectations of poorly - paid workers throughout the Southwest.

The labor movement's importance to the working poor is accentuated by the fact that American law grossly discriminates against the poorest and least-organized in society. The working poor are, for example, often excluded from minimum wage protection; denied the right to organize: or, if given the right to organize, hampered by right-to-work laws adopted by individual states.

Among those who have suffered this basic discrimination are the household and domestic workers, of whom there are 1.3 million, mostly Black women who do cleaning, cooking, child care and the like.

New York State Assemblyman Seymour Posner has recently introduced a bill in the state legislature which would give domestic workers collective bargaining rights. Several years ago, Posner sponsored a bill giving household workers protection under New York's minimum wage law.

Passage of that measure, however, meant only an initial triumph in the struggle to give domestic workers the same rights other workers enjoy as a matter of

(Continued on Page B-4)

FAMILY AND CONSUMER EDUCATION

SAC HI STAFF

Adolphus S. McGee and the staff of Sacramento Senior High School discuss the positive effect, "Family and Consumer Education," has on the male students. The program was designed to appeal to both male and female, black and white students. There are four courses which comprise the department. Fashion Studio's; Foods, with special interest in ethnic dishes; Needle Craft; and Environment for Living which encompasses nearly every facet of family and consumer life. J. Shawn Ortiz, pictured second from left, an OBSERVER staff writer, has been covering the High School's reconstruction.

Sacramento Senior High School has another program which we take pride in exposing to the public. For years the course entitled, "Home Economics," attracted few males and a very small number of minorities. The name itself had a stigma all its own of cooking and cleaning the kitchen.

At Sac where designing courses that are relevant to a large majority of students is a must, it was felt that a student in high school should be exposed to the world of marketing products, what to look for when shopping for food, knowledge of venereal disease, and planned parenthood as well as the traditional clothing and food preparation courses.

For that reason a subject that would be the umbrella for all things relating to the family and the consumer was implemented. Mary Anne Williard, an instructor in the course entitled, "Environment for Living," at Sac High had this to say about the Family and Consumer Education related course: "In my class we discuss Sex Education, racial problems, birth control, abortion, and venereal disease."

"Guest speakers are very effective in the learning process of the student and so far this year we have had ten speakers from the Planned Parenthood Agency." Mary Anne goes on to say that one speaker addressed himself to the subject of zero population growth and the students disagreed quite strongly to the concept.

In the Black community the idea of zero population growth has been implanted by agencies outside the community. Black people young and old have quite naturally scoffed at the idea. Since Sacramento High School adopted the new concept of courses, the ratio of male students enrolled has gone from a longstanding five to ten percent to an astonishing 50 percent according to the teachers involved.

Sacramento High School

THE CHANGE AGENT

MAURICE O'RAY, Student — ADOLPHUS McGEE, Principal

A course entitled "Fashion Studios" is still another facet of Family and Consumer Ed. The instructor, Mrs. Crandell looks toward the next semester with enthusiasm. At present the students compare the clothing they design with that of the ready made products. In many cases the clothing that is made by the students are sold to fashion groups and individual purchasers on and off campus.

Because of society's concept of what a male student should and should not involve himself with, the clothing class is comprised of predominately female students. There is only one statement that might encourage the male student population to join this innovative program, and that is: "Try it, you'll like it!"

Today, needle craft has become a thriving business. The students of this class at Sac High often sell their products for a modest profit. It might be interesting to note that while male students are anxious to wear embroidered works such as belts and vests they are extremely reluctant to make them, because of the image that sewing or knitting project.

Jacklyn Kelly, the instructor in charge of the foods department of Family and Consumer Education had this to say about the relevance and unique approach of her class: "I think cooking should be fun, not the hassle many teachers in other schools in the District make it. The students are free to be as creative as they possibly can and that is what I stress in my class -- creativity."

The students are instructed to the last detail of the preparation of Mexican, Asian, and Black foods. Says Jacklyn: "We try to concern ourselves with dishes the students can relate to, and have cultural pride in. My class is comprised of three major minority groups." Thus explains why German, Russian, or Jewish foods are not explored.

The benefits of a course such as Family and Consumer Education to the young blacks in the community are quite evident. For many years all that was taught in the secondary schools was that which is commonly known as "college prep."

At Sacramento Senior High School the student is given a skill which he can use immediately upon graduation from high school. At the same time upon the wishes of the student, that skill may be further developed in an institute of higher learning.

Giving a student a relevant education, that is what Sac High is all about!

The Road To A Police State...

(Continued from Page B-2)

weight group.

Does anyone in his right mind believe that the killer is walking the streets with his pistol in his pocket waiting to be picked up?

And if, as is probable, he is now out of town, in hiding, or just walking around like anyone else, will the city maintain its dragnet operation? If so, for how long? Will the city decide on perpetual surveillance of its Black citizens? If so, then it intends to maintain a police state, limiting the constitutional rights of its people.

Is that on the agenda next? If the killer isn't found, will officials take the next logical step and suggest that the Black population be removed? Far-fetched, yes, but so is the hysterical dragnet operation.

San Francisco may be giving other cities with crime problems the cue to impose a vigilance that amounts to vengeance on the Black community. And if San Francisco can get away with it, who is to say that the Administration that backed preventive detention will be far behind?

It is clear that the San Francisco case won't be solved by these methods. About all it is likely to accomplish is to further enrage Black people who are singled out as a group for the acts of a few, and to increase the very racial tensions that fostered crimes like the Zebra killings. I find it hard to believe that the only way we can curb crime is to tear up the Constitution. And I find it hard to understand how people who are supposed to lead wind up taking leave of their moral and intellectual senses.

THE WORKING POOR...

(Continued from Page B-3)

course. Posner is trying to complete the job with the bill for collective bargaining.

This is both a moral and practical issue. Domestic workers have traditionally been underpaid and deprived of such basic benefits as vacation pay, health insurance, and even the protection of Social Security. Many are old, and are exploited because of their age. By trying to give domestics the opportunity to bargain collectively, Posner is advancing the cause of social justice for those who are among the most discriminated against people in the country.

Posner's bill is important for another reason. And that is that it dramatizes the necessity of continuing the pressure against those laws which discriminate against working people.

It is time that those who claim to be partisans of the minorities and the poor began to once again examine how they think social justice will come about.

For the working poor of the South, no one measure would have as immediate and deep an effect as elimination of right-to-work laws. There is a desperate need to include other workers in the National Labor Relations Act so that they will have collective bargaining rights.

The union card has a proud history as agent for social change. It is time that a society which professes a concern for the ppor began to recognize this fact.

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THE CHURCH

Year Of Crisis

B. LELAND NASH
Observer Religious Editor

The year of 1973 must be remembered as the year of crises and testings. Every segment of American life has been touched and exposed by the tumulous events of the past year. The word "Watergate" brings into its orbit the many-sided nature of the political, religious, moral and economic crises through which the nation has passed.

There is no need to recount all of the sad and terrible events of 1973, nor is there any reason for anyone to rejoice in what has happened to the National leaders of America. Rather, it is a time for heart-rendering, soul-searching; a time for new community commitment to and of the Christian faith and the moral ethical foundations which must undergird our national life.

The American mentality has always anticipated the future with hope and confidence. However, the end of 1973 saw much of the confidence drained by series of worries that seem to stretch indefinitely into the future. There were worries about the economy and the energy, about the Middle East, about the maintaining a detente with the Russians.

However, the worries about Watergate overshadowed everything in the life of our nation. Watergate told about big companies paying bribes and little fellows receiving kickbacks, of physicians involved in accident scandals, of public housing scandals, of the resignation of the Vice-president and of the downfall of the Attorney General of the United States.

The President of the United States must now carry on the terrible responsibility of government under the gray and darkened clouds of impeachment.

It is indeed tragic that during this period of national crisis the nation did not have the moral and personal power of suggestion and example of Government. The executive branch of government was caught in the web of the inconsistencies, one that preached law and order, while it was breaking the law of the land in all of its ways and means.

The executive government suggested cutting money from every program that would help those in need. . .the poor and oppressed of America, while at the same time riding the welfare role of big business and getting everything not tied down. The President used every gimmick at his disposal to reduce his taxes to mere nothing. There is no need to mention the blank spaces in the tapes and other acts of impiety which have resulted in 26 indictments of persons high in the Nixon administration.

These transgressions of the Nixon administration turned more on amorality than immorality and are all the more per-

'GOOD HOT MEALS'

St. John's Baptist Church under the pastorage of the Rev. William Hights operates a free lunch program on every Fridays for anyone who wishes a "good hot meal." "This is our way of reaching out," said Rev. Hights. Some of the people very instrumental in the program's success are shown. They are, from left, Mrs. Bennie Tate, Mrs. Vera Ross, Mrs. Ruby Sanders, Mrs. Helen McCode, Mrs. Lillian Moore, Mrs. Sadie Sanders and Mrs. Lillie B. Walker. The project which is financed solely on church money was started in January. Every Friday, from 60 to 85 people are fed.

BABY CONTEST SLATED AT PARADISE

CHRIST TEMPLE MISSIONARY BAPTIST CHURCH, Rev. J. E. Petteway, pastor. 3030 26th Avenue. Voices of Faith Choir will be in concert Saturday May 4th at 8:00 p.m. Mrs. Precious Craft, Director. They will be singing several selections from their latest album "The Lord Bless You." The public is invited.

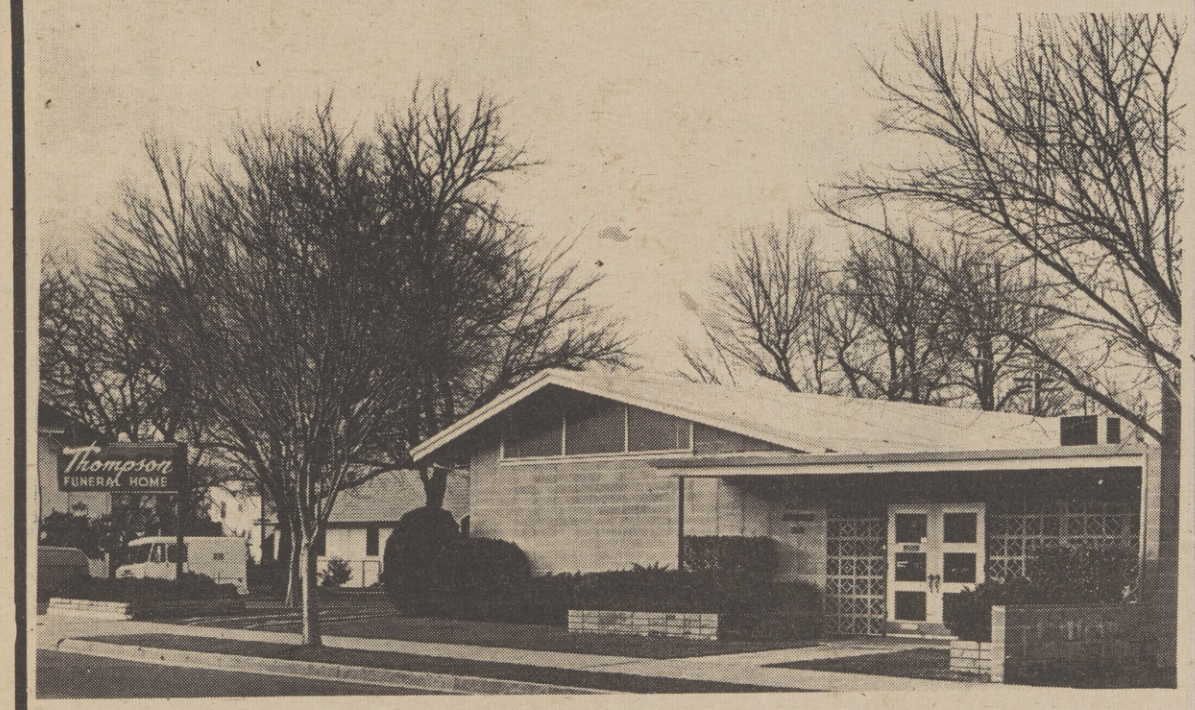
FIRST BAPTIST TABERNACLE CHURCH, Rev. Tillman Wade, pastor. 1800 Burnett Way. Sunday, April 28th will be the beginning of the churches 22nd Anniversary. Guest Church Union Baptist of Vallejo, California, Rev. Joseph Speech pastor. The public is invited.

KYLES TEMPLE AME ZION, Rev. Robert L. Graham, pastor. 2940 42nd Street. The church will be conducting Anniversary services at San Mateo, California. Conference Working Club of Kyles Temple presents its 6th Annual Calendar Buffet Banquet Sunday, April 28th from 4:00 p.m. to 7:00 p.m. at the Scottish Rite Temple, 6151 H Street. Guest Speaker, Assemblyman Willie Brown, Jr., along with Mr. William H. Lee, Publisher of the Sacramento OBSERVER; City Councilman, Herman A. Lawson; Community Director Mrs. Callie Carney. Music will be by invited guest from Sacramento. Mistress of Ceremony, Mrs. Cordia Wade; President, Mrs. Betty Suber. Donations of $4.00 adults, $1.50 children.

UNITY FELLOWSHIP MISSIONARY BAPTIST CHURCH, Rev. C. R. Lee, pastor. 2741 34th Street, Odd Fellows Hall. The church wishes to extend an invitation to worship with them in their regular services. The New Jerusalem Baptist Church and the Unity Fellowship Church will be sponsoring a program Sunday, April 28th at 3:00 p.m. titled: "The Devil's Funeral", come and witness this great funeral and see the devil buried. This program will be held at the New Jerusalem Baptist Church, 3744 Belden Avenue, Rev. L. Johnson, Pastor.

The PARADISE MISSIONARY BAPTIST CHURCH, Rev. E. Thames, Pastor. 3651 27th Avenue. Sunday, April 28th, at 6:30 p.m., the church will be having a Baby Contest and Musical that evening. The public is invited to attend.

WOMEN'S DAY PROGRAM. The Progressive Missionary Baptist District Association Senior Women's Department, will be sponsoring an inspiring program with their theme: "Reaching out into the Harvest for those things which are before." A Beautiful Playlet will be performed, titled: "Missionary Methods in Action," which will be held Sunday, April 28th at 2:00 p.m. at the Macedonia Baptist Church, Rev. E. L. Varnado, pastor. Located 800 Benton Avenue. Goal 200 women, asking all to wear white.



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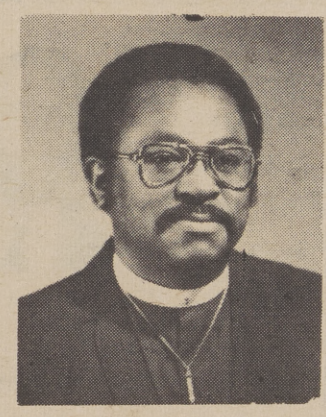

REV. NASH

Collins Memorial Christian Methodist

B. LELAND NASH, JR.
MINISTER

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A YEAR OF CRISIS...

(Continued from Page B-5)

nicious for that. These men used the protective cover of government and the power of their own offices to serve their own purposes and they stood ready to subvert government and justice when it served their purposes.

We mention, however, Judge John J. Sirica, who, during trying time in the nation's life, stood firm for the primacy of law. Judge Sirica doggedly pursued the truth in his courtroom, regardless of its political implications and forced Watergate into the open light of day. The history of our nation suggests that when profound moral issues (like Watergate) settle in the nation's soul, nothing will deny a final convulsive revolution.

Certainly the Civil War was such an issue and no legal footwork or geographic compromises by politicians could deny its unfolding.

The Civil Rights struggle of the 60's when the Blacks of this nation demanded freedom and full participation in every segment of American life represents another outpouring that could not be denied. The political, moral, economic and spiritual explosion occasioned by all that the word "Watergate" stands for is simply another event in the life of our nation which refused to be swept under the rug.

These radical events of the years past have left a spiritual and moral vacuum which must be filled by those committed to the Christian faith and made visible in the corporate life of the Christian Church and the national community.

The church is not spotless... however it is still the most viable means of change for the community of man.

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Broadcast this Sunday over many statuons including:

KGO 810 8:30 a.m.

KFBK 1530 KC 9:15 A.M.

the TRUTH that HEALS

A Christian Science radio series

National Day Of Prayer

"Whereas, intoxicated with unbroken success, we have become too self-sufficient to feel the necessity of redeeming and preserving grace, too proud to pray to the God that made us," reads a portion of a resolution adopted by the United States Senate proclaiming April 30, 1974 as a National Day of Humiliation, Fasting and Prayer.

The resolution, modeled after a proclamation made by Abraham Lincoln in 1863, was introduced in the U.S. Senate by Senator Mark Hatfield (R-Oregon).

Lincoln asked citizens to unite for worship in their homes and churches during the Civil War when the Union cause had reached a low point. Hatfield proposed his resolution at a time when, "We witness a country torn apart with division and lacking the spiritual foundation which would restore its vision and purpose."

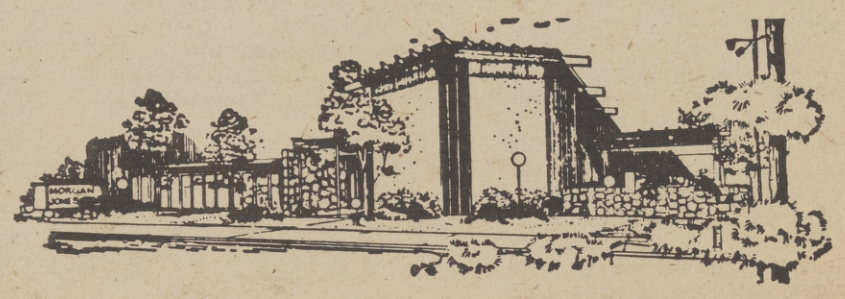
Hatfield went on to say in his speech to the Senate, "We, as a people, through our acquiescence to corruption and waste, have helped to create a moral abyss that produces a disdain for honesty and humility in high levels of national leadership."

The resolution was adopted by voice vote with no debate or opposition. The lawmakers indicated that, because of the nation's failings, it "behooves us to humble ourselves before Almighty God, to confess our national sins and to pray for clemency and forgiveness."

Dr. Bill Bright, founder and president of Campus Crusade for Christ International, declared that April 30 could be a "Turning point in the history of our nation.

MORGAN JONES - - - Chapel of Chimes

Mrs. Charles Jones and Sons



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The Sacramento Observer

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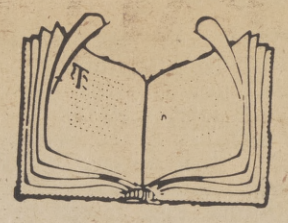

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MT. CALVARY BAPTIST CHURCH
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REV. SIM WALTON
(Pastor)

MORNING STAR BAPTIST CHURCH
7915 39th Ave

REV. C. B. HOLMES, D. D.

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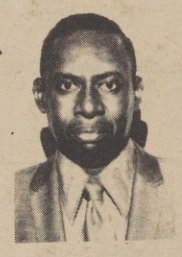

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REV. TILLMAN WADE
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SUNDAY SCHOOL.....9:30
MORNING WORSHIP.....11:00A.M.
B.T.U.....6:00P.M.
EVENING WORSHIP.....7:00P.M.
MID-WEEK SERVICE (WED)...7:00P.M.
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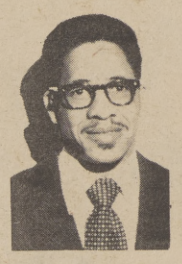

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REV. C. R. LEE,

LEE ELDER SAYS HE WILL PLAY IN 'MASTERS'

PENSACOLA, Fla. -- "I will definitely accept an invitation to the Masters' and I will definitely play in the Masters'," Lee Elder told the press in the wake of his $30,045 victory in the Monsanto Open Golf Tournament last Sunday.

Elder's triumph, secured by a birdie on the fourth hole of a sudden-death playoff with England's Peter Oosterhuis, made him the first black ever eligible to compete in the famed event in Augusta, Ga. -- until now an all-white affair.

For a while, Elder left things up in the air about accepting the invitation.

"It's a year away," he said, "I'll have to weigh that somewhat. This (a victory) has been a long time coming. I really don't want to be put on the spot as to yay or nay right now. I'll have to weigh it carefully.

"There are a lot of tournaments and a lot of playing to be done between now and then. Anything can happen," Elder said.

Moments later, Clifford Roberts, the man who runs the all-invitational Masters', issued a statement saying Elder definitely will be extended an invitation to the 1975 Masters'.

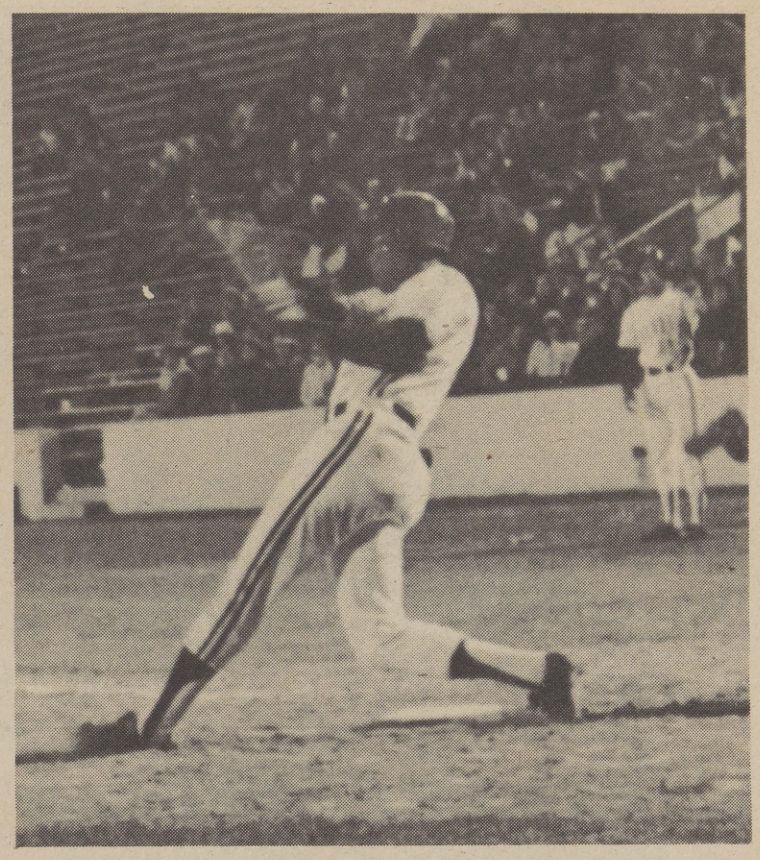
"He has earned his invitation and we are very delighted he has done so," Roberts said.

"That's fine," Elder said. "Tell Mr. Roberts I'll see him at the Masters'."

Elder is not the first black to win. Charley Sifford and Pete Brown both scored victories in regular tour events. But their triumphs came before the Masters' had changed its rules to make all winners of regular tour tournaments eligible for inclusion in the Masters' field.

Elder and Oosterhuis finished the regulation 72 holes at 274, 10 under par on the tight, 6,679-yard Pensacola Country Club vourse. Elder had a finishing 67, Oosterhuis 69.

TOMMY CONNECTS



Aiding his team to their third win last Monday night, Tommie Reynolds unloads one-of-four Solon's home runs. The Sacramento team held on for a 12-10 victory over Tacoma. Tommie added 2 RBI's and scored twice with 3 hits, in 5 at bats. Reynolds and the Solons will be back in action . . . after their road stand.

BENEFIT BASEBALL GAME

A Benefit Basketball Game will be played Saturday, April 27th, at Norte Del Rio High School.

The Grant Union High (North Metro Champions), will play the "Over The Hill" gang consisting of representatives from the Sacramento Police Department, Eldero Realty, City Parks and Recreation, Young People's Search for Solutions, SACRAMENTO OBSERVER, and numerous other businesses in the community.

Game time is 7:30 p.m. Admission is one or more cans of food to help needed families. The game is sponsored by the Young People's Search for Solutions.

SOLON GAMES WILL CARRY ON— SITE BEER

General Manager John Carbray received word this week that the Solons had been granted an On Sale beer license from the California State Alcoholic Beverage Control.

He also said that the state law specifies that no alcoholic beverages can be brought into the premises.

CITY BASEBALL LEAGUE

The City's Night Baseball League, is now getting into gear. The following teams and managers have received entry forms and been given information concerning the League:

California Loan & Jewelry Co., Tim Kiernan; Country Maid, Wally Merkley; Culjis Chapel, Joe Borich; Ellis Restaurant, Steve Hammer; Golden Tee Inn, Robert May; Johnny's Time Out, Don Tritt; Klumpp's Funeral Home, Manuel Perry; Murphy-Cardinal Scales, Frank Bettencourt; and Sargent's Sport Shop, Roy Hamlin.

The league will consist of eight teams to be selected by the City Recreation and Parks Department Staff.

The first scheduled game will be on Tuesday, May 21, 1974 at 8:00 p.m.

Little League season is now underway and a lot of the future major league stars are in full swing.

Hopefully, the adults will leave it to the future.

This type of baseball is called Little League, but could possibly be called Adult Hysteria League.

The game of Little League should be for little kids to enjoy and learn the fundamentals of baseball and the fellowship of their teammates.

Of course, this is the way the game should be.

Instead, the kids find themselves in constant harassment. Everything from threats of no allowance for striking out, to disownment for making an error.

They even go so far as bodily threats to umpires some of which would rather help instruct the Little Leagues.

Every kid on a Little League wants to play, and this could be the case, instead, the ideas of first teams being constantly placed in front of them.

Kids should be allowed to come out to enjoy and play. Maybe just getting together with nine on one side, and nine on the other, could be the answer.

The season officially started last weekend. Help them to enjoy it.

K-POP 1110 AM
K-PIP 93.5 FM
SPORTS SCHEDULE

KPOP-KPIP BASEBALL

April 27
Oakland A's at Baltimore
4:15 p.m.

April 28
Oakland A's at Baltimore
10:45 a.m.

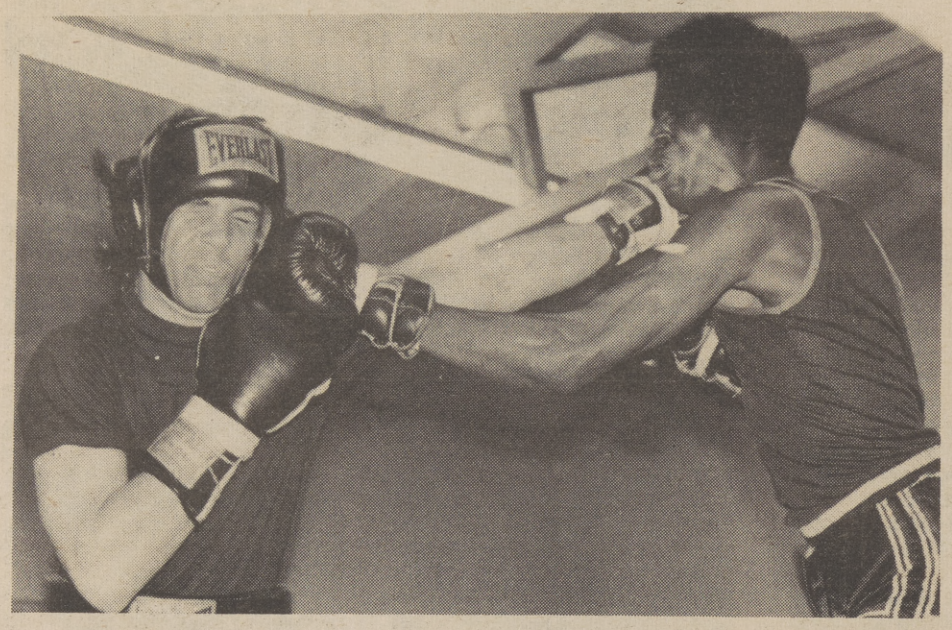
April 30
Oakland A's at New York
4:45 p.m.

May 1st
Oakland A's at Cleveland
10:45 a.m.

May 3rd
Oakland A's at Cleveland
4:45 p.m.

May 4th
Oakland A's at Cleveland
10:45 a.m.

K-POP 1110 AM
K-PIP 93.5 FM



John Thomas, left, lost the match by a decision to Eddie Alexander.

Nick Maldonado, left, broke from the clinch to win by a decision over Frankie Villa. Referee in background is Otis Grimble.

ATHLETIC CENTER'S BOXING & KARATE SHOW

Amateur boxers traded jabs and punches last week at the Oak Park Athletic Center's fund raising Boxing and Karate Exhibition.

Boxers from the center team matched up with boxers from the St. Joseph Catholic Church team. An exhibition of karate which is taught at the center to boys, girls and women was presented during intermission by karate instructor Walter Watson.

The Oak Park Athletic Center is a community endeavor sponsored largely through the efforts of concerned law enforcement persons.

The center attempts to bring about better understanding between the community and law personnel through means of athletic activities with emphasis on youth.

Currently the center is seeking additional funding so that it can continue to offer its services. A booster club has been organized to help raise $2,500.

Donations, which are tax deductible are being accepted. The center is also interested in receiving donations of sports equipment.

The center offers its services free. For further information contact Aaron Conner, Project Director at 363-3161 or Christine Baker, publicity director at 487-4248.

Boxer Eddie Alexander was assisted in his corner by Guido Giometti, left, and Manuel Maldonado.

Walter Watson, left, and Eugene Murphy performed a karate exhibition.

WILLIE McCOVEY DAY

Willie McCovey's first appearance at Candlestick Park in the uniform of the San Diego Padres for a weekend series on May 17-18-19, will be marked by a special bonus for youngsters who attend Giants' Helmet Day on Saturday, May 18.

All kids, 14 years of age and under, will receive a free Giant souvenir helmet when entering Candlestick Park that day for the 1 p.m. game against McCovey and the Padres. And the first 5,000 youngsters, age 14 and under, who come to the game that day, will also receive a free Willie McCovey model Little League bat with Willie's autograph on it.

The Giants - Padres series will include a night game at 7:30 p.m. on Friday, May 17th, the Helmet Day game at 1 p.m. on Saturday, May 18th and a doubleheader on Sunday, May 19th, starting at 12 noon.

Tickets for Giants' Helmet Day may be purchased at Candlestick Park, at any Giant or Ticketron box office in Northern California, or by mail, by addressing orders to Box Seats at $4.50, or Reserved Seats at $3.50 to Ticket Office, Candlestick Park, San Francisco, Ca. 94124.

Don't Give A Thief A Chance

The California FAIR Plan recommends that you do not leave door keys under flower pots or doormats, inside an unlocked mailbox, over the doorway, or in other obvious places which can inform a burglar that your home is unoccupied.

The Spring Thing at Swift Dodge is our 8th anniversary Celebration
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Black Family Day At UCD

UJIMA, an organization at the University of California at Davis, along with the Black community of Davis, is sponsoring a "Black Family Day" to pay tribute to all aspects of Black people.

The event, U. C. Davis' Fourth Annual is the Black Family Festival. The festival is scheduled for Friday, May 3 and Saturday May 4.

The festivities will be devoted to promoting a better awareness and understanding of the cultural, social and educational achievements of Blacks.

In the past this celebration has focused on the Black family, its children, its roots and its total organization. The theme this year is "Struggle, Unity and Deliverance." Focus will be on the Black family as a community with a common goal.

A variety of events will be included in the two-day festival including hypertension and sickle cell anemia testing by Black medical students. Black dance troops are also scheduled as well as a basketball tournament, art and crafts exhibits, speakers and a Black Women's Symposium sponsored by the Sisters GOT. Food and refreshments will also be available.

For information contact Jimmye Cannon, Chairman of Black Family Festival at (916) 756-9113 or Juliett Dunn, Chairwoman of Ujima at (916) 756-7366, or Gary Perkins at 752-5492.

EASTER TREAT

On Easter Sunday, Mr. and Mrs. Jonathan M. Stewart received a special treat. Their four daughters paid a surprise visit to them. The Stewarts hadn't seen two of them in over six years. Mr. and Mrs. Stewart are shown seated. Their daughters are, left to right, Mrs. Joanne Smith of Pacoima, Calif.; Mrs. Marlene White of Plainsville, Ohio; Mrs. Janice McMichael of Cleveland, Ohio; and Mrs. Carolyn Smith of Sacramento. Mr. Stewart also got a special treat. He met his grandson, 3-year-old Christopher McMichael, not shown here, for the first time.

The Sacramento Observer

SECTION C

SOCIAL WHIRL

APRIL 25 - MAY 1, 1974 THE OBSERVER PAGE C-1

ELIZABETH KOONTZ

MARGARET SLOAN

BLACK WOMEN'S SYMPOSIUM

"Is it true what they say about Black Women?" That question and others, will be explored at the 'Black Women's Symposium' scheduled to take place on Saturday and Sunday, May 4 and 5, at the University of California, Davis.

The Black woman's physical and mental health; the law and how it relates to her; politics; employment; career opportunities; the arts; the media; community action; the Black family; feminism and education will be explored in a series of workshops and panels.

Elizabeth D. Koontz, Assistant Secretary for Coordination of Nutrition Programs, Department of Human Resources, North Carolina, will be one of the keynote speakers.

Mrs. Koontz was appointed Director of the U. S. Department of Labor's Women's Bureau by President Nixon, in January of 1969. She was the first Black director and served in that post until 1973.

Her achievements do not stop there, however. She was also U.S. Delegate to the United Nations Commission on the Status of Women, and counselor to the Secretary of Labor on Women's programs and Deputy Assistant of Labor for Employment Standards.

Mrs. Koontz is an educator by profession. She has devoted a great deal of her life to the field of education, much of her teaching experience is in Salisbury and other North Carolina towns of Dunn, Landis and Winston-Salem.

She holds a life membership in the National Education Association (NEA) and was elected president of NEA in 1968.

She has traveled extensively and is the recipient of numerous awards and honorary degrees.

Other keynote speakers scheduled include, Margaret Sloan, a member of the editorial staff of "Ms. Magazine" and chairwoman of the National Black Feminist Organization; Julia Hare, public relations official for "Black Scholar Magazine," and Minority Relations Advisor to KSFO Radio, San Francisco; and Toni Cade Bambara, author of "The Black Woman" and faculty member at Rutgers University.

The symposium, which is sponsored by Sisters Getting Ourselves Together, (Sisters GOT), will take place at the University's Wellman Hall. Registration fee per day at the door is $1.

Republican Women's Invite

All Republican candidates have been invited to the May 1 luncheon meeting of the Sacramento - Republican Women's Club Federated at Wong's Islander, Lanai Shops.

Included in the invitation to attend are Candidates for the Republican Central Committee.

Members and guests will be seated according to supervisorial district, and on hand will be persons to elaborate on the ballot propositions. Social hour 11:15, with luncheon at noon.

Reservations may be made to Mrs. Edward Ehlers.

Inside The Whirl

EYES

Transform your eyes into sparkling beauties in five easy steps...C-3

AWARD

Angela Benjamin's hard work and scholastic abilities have won her a national award to begin her studies on...C-4

FINDINGS

Hyperkinetics, super-market inequaties and judical chavinism are all researched on one page...C-5

'STARS FOR DYMALLY ' TRIBUTE

Greatness has been defined in many ways and the designation of this honor has been placed on few in their lifetimes. It may be obtained overnight by deed and lost that soon by chance. Very few can sustain it and for many, it takes more than a lifetime to achieve it.

"Stars for Dymally," a tribute to Senator Mervyn M. Dymally, honors One Man's Greatness.

Movie Greats and Recording Stars from all parts of the country, will be on hand to pay tribute to Senator Dymally, a Democratic Candidate for Lieutenant Governor. The guests list includes: Bernie Casey, Isaac Hayes, Max Julien, Jim Kelly, Paula Kelly, Vonetta McGee, Greg Morris, William Marshall, Fred Williamson, Rosalind Miles, Esther Rolle, Raymond St. Jacques, Sly Stone and Cicely Tyson.

The show will be co-hosted by Pam Grier, Greg Morris and Richard Roundtree. Performing artists include Gail Fisher, Billy Paul, Nichelle Nichols, O.C. Smith, South Shore Commission and Rodney Winfield.

Church Sponsors Women's Fair

A Women's Creative Fair will be held at the First Unitarian Church, 2425 Sierra Blvd., on Saturday, May 4, 3:00 - 9:00 p.m. The fair will consist of demonstrations, and the sale of original art and craft items, such as paintings, ceramics, photography, and stitchery. Green plants and baked foods will also be available.

A chicken tetrazzini dinner will be served at 5:00, 6, and 7. Entertainment at 7:30 will include an original musical play "U. U. Women Through the Ages."

POET HONORED

Local poet, Eugene Redmond was honored as "Man of the Year" by Leon Cain's sixth grade class at Fairbanks Elementary School in the north area. Redmond was presented with a trophy in a special assembly in which the students performed in a play written and directed by the students themselves. Assemblyman Leon Ralph (D-Los Angeles) was the guest speaker at the assembly. The Grand Union High School Jazz Ensemble under the direction of Ike Pagette also performed. As a climax to the well-received program, Redmond read some of his poetry.

Interracial Marriage Increases

The number of interracial marriages, especially those between Black men and white women, increased significantly during the period 1960 and 1970, according to a Census Bureau report.

Of the 44,597,574 married couples recorded in the 1970 census, interracial marriages accounted for 66,789 of that total, an increase from 0.44 per cent of the total in 1960 to 0.70 per cent in 1970.

The report also revealed that while Black men marrying women of another race tend to marry white women, white men are more likely to marry American Indian or Japanese women when marrying interracially.

And, those Black men who do intermarry, are usually ones with a high degree of education and earnings. White men who marry Black women tend to marry at a percentage that is roughly consistent throughout the educational and earnings levels.

Of the white male-Black female marriages, the report shows, there were about 2,350 fewer such couples - about 7,352 - in the 1970 census than there were in 1960.

However, the rate of interracial marriages between Black males and white females more than doubled from 7,534 in 1960 to 16,419 a decade later - an average of one in 80 marriages. White men with more than 12 years of education marrying women of equal learning chose a Black wife on an average of one time in 1,000 during both decades.

These figures, which were based on a 5 per cent sample from the overall marital statistics and projected to represent the total U.S. population, also show that interracial marriages are usually between men and women of roughly equal economic status.

However, the data also notes that white women sometimes marry Black men with lower incomes than their own, whereas Black women almost never do.

The largest percentage concentration of Black-white marriages is in the West, where some 15,600 of the 7.6 million married couples are mixed. In all areas except the South, the interracial couples are concentrated in urban areas of more than 50,000 persons.

Director Nance Reports Parkway Plan Released

Don H. Nance, Director of the Sacramento County Department of Parks and Recreation, announces that the final report reviewing the American River Parkway Plan is being released for public review.

The review was conducted and the final report prepared by Environmental Assessment Engineering, a private consulting firm.

One copy of the final report will be available, beginning April 24, 1974, in each branch of the City-County Library System. The report is entitled "American River Parkway Review" and will be available upon request for review during regular library hours. The report may not be checked out of the library.

A copy will also be available for review at the Department of Parks and Recreation office, 717 K Street, Room 409, Sacramento.

The County Recreation and Park Commission will hold a special meeting to receive public comments on the report at a later date. If you would like a copy of the report, it may be purchased for $3.00 from the County Department of Parks and Recreation.

For further information call the Department at 454-5511.

LOCAL ELECTED AT UC, SANTA BABARA

Michaele Chavez, a 1972 American River College graduate, was recently elected president of the Associated Students of the University of California at Santa Barbara.

An honor roll student with a dual major of history and political science, Ms. Chavez was chairwoman of ARC's People's Awareness Hour Open House and the college's annual Women's Symposium.

She was also a member of the president's Ethnic Awareness Committee and the Committee for the Disadvantaged.

She was minority representative for the statewide community college Student Association and vice-president of the ARC student council in 1972.

Chamber Singers Will Perform At Crocker

The Chamber Singers from Sacramento City College and the California State University Madrigal Singers, will present a joint concert at the E. B. Crocker Art Gallery, May 12th at 3:00 p.m.

The program will include musical selections from the Renaissance Period through the Contemporary Period, including works by Thomas Morley, Jean Berger, Norman Dello Joio, with groups joining in a double choir selection by Giovanni Gabrieli.

The California State University Madrigal Singers are a new group, organized during the fall semester of 1973, to introduce small ensemble vocal arrangements, particularly Madrigal singing to the community. The group is under the direction of Earleen Z. Patterson of the University Music Department.

The Chamber Singers, a 26-member group from Sacramento City College formally directed by Clive Mefford, is now under the direction of Ken Winters.

The concert is free and open to the public.

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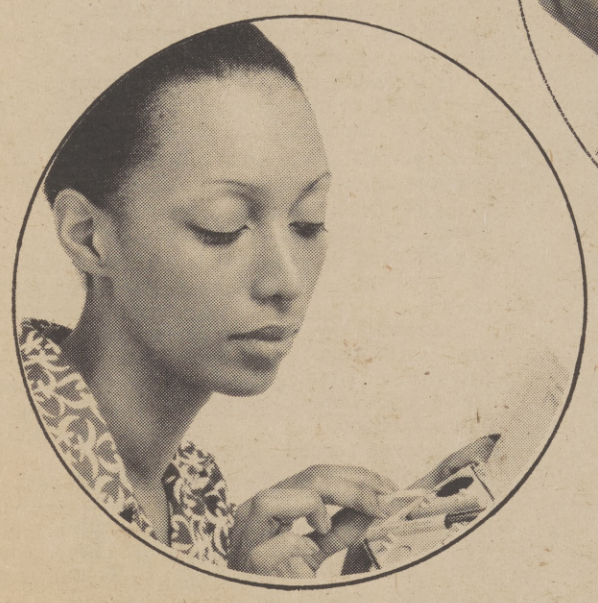
In this "before" photo the model wears only facial makeup and lipstick. Note how much more expressive her eyes are in the final photo.

Use the twin-tip sponge applicator to apply lilac or aqua shadow (depending on your outfit or your mood!) to the entire upper lid from the lashes to a bit above the crease. Then apply highlighter to the browbone area, just under the brow. For a really colorful, wide-eyed look, apply a thin strip of shadow beneath the lower lashes.



Wet the fine-line brush and apply liner close to the roots of the uppper lashes to help make them look thick and full. Do not extend the line farther than eyelashes on either side, and remember that a thick line will make eyes look smaller.

Ultra-Lash Mascara takes lashes to luxurious new lengths without annoying fuzz or fibers. Use the tip of the brush to "discover" tiniest lashes at the inner and outer corners of eyes, and to color bottom lashes. Ultra-Lash is waterproof, so it's great for swimming or sad movies!

The end result of these five easy steps is beautiful, expressive, and colorful eyes. For a really total new look, do "a quick switch" - add a synthetic hairpiece that fastens on to your own hair in a couple of minutes.

Shape up your brows with short, delicate, outward-bound strokes of the pencil. Brows should begin parallel to the tear duct; the highest part of the arch should be parallel with the outside of the iris. You can tell where the brow should end by using the pencil as a guide. Hold it diagonally against the nose, slanting up toward the outer corner of the eye. Brow should end there.

FIVE EASY STEPS TO BEAUTIFUL EYES

Must you spend lots of time and money on cosmetics to achieve big, beautiful eyes? Certainly not! An inexpensive, palm-sized compact, like the All Eyes Kit by Maybelline, can spare you time and expense, and supply all the fashion-right cosmetics necessary to make your eyes more beautiful than ever before.

The "Brunette" version of the All Eyes Kit, ideal for dark-eyed women, is available at your local drug, discount and variety stores for about $3.00. It contains these color-coordinated Maybelline cosmetics: Lilac and Aqua shadows; Pink Peony highlighter; Dark Brown eyebrow pencil; Soft Black cake eyeliner; world-famous Ultra-Lash Mascara; and applicators.

You can perform an eye-opening makeover in about five minutes (with just a little practice) using the Kit.

ANGELA BENJAMIN

HIRAM JOHNSON STUDENT WINS SCHOLASTIC AWARD

When you're 17 and graduating from high school, the world may seem to loom ahead cloaked in uncertainty and even forebodence. But this is not so for Angela Benjamin, a senior at Hiram Johnson High School.

Since January, placement officers from some of the nation's most prestigious schools have offered to help her plan her future.

Recruitment offers have come from Notre Dame, Stanford, Bringham Young University, Mount Holyoke, Harvard, Radcliff and the University of California, Davis. Several college ROTC units have tried to interest her in their officer training programs.

Why so much attention directed towards a young, Black high school coed?

Well, Miss Benjamin happens to be one of the nation's top scorers in a battery of tests given by National Merit Scholarship Corporation, and the winner of the National Scholastic Achievement Award. As part of her award, she will receive a yearly stipend of $1,500 sponsored by the California Physicians' Achievement Scholarship Program.

Angela was the only student in Sacramento to be so honored and one of 26 in the state.

She credits her scholastic achievements to "always seeking a challenge." She said she never took "the easy classes because they were boring."

She also has a unique habit of doubling up her studies. For example, she may do her sociology homework in her history class, and vice versa. But her unorthodox study habits seem to have paid off. Throughout her high school career, she has maintained an A minus grade average.

A native of Mobil, Alabama, the young scholar came to Sacramento in 1967 with her parents, William and Myrtle Benjamin, and a brother and sister, Vincent and Stephanie.

In the seven years that Angela has been a student in Sacramento schools, she has taken home several awards and certificates including a trophy for most valuable player on the Johnson Tennis Team.

Her extra curricular activities include the coaching of a little league team last year, and acting as score keeper this year. She also plays clarinet in the school orchestra, marching band, and concert band.

This fall, Angela plans to begin studies at Michigan State University as a pe-medicine science major. Her parents want her to enter medicine but she hasn't made up her mind yet. She is certain that whatever she does, will involve science.

ANGELA BENJAMIN

"Science is the best way to do what I want to do," she declared.

Angela says she chose Michigan because it offers her the scholastic opportunities she wants and because its tuition costs were "reasonable."

"I looked at some of the schools and saw $3,600 or more for tuition and didn't look any further," she said jokingly.

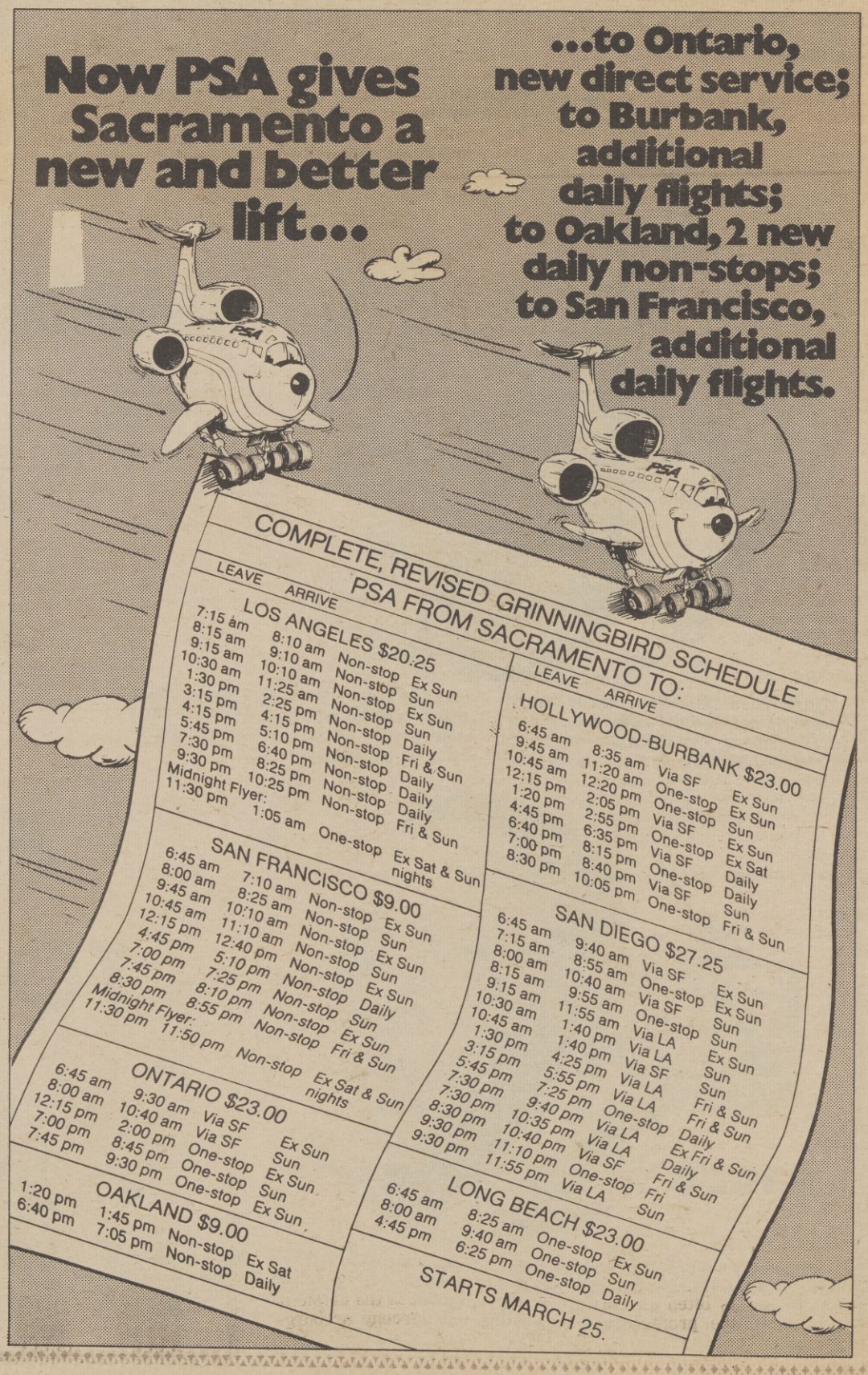
Angela will participate in the upcoming Sacramento Alumnea Chapter, Delta Sigma Theta Sorority, Incorporated's annual Scholarship Ball and awards presentation in which she has a chance of winning additional scholarship money.

Currently she is being sponsored by the California Physicians Service, but with her winning the National Scholastic Achievement Award, will pick up a new sponsor.

Whatever road Angela chooses, those who know her feel confident it will be a winning choice consistent with the Benjamin family tradition - William Benjamin, Angela's father, also has a scholarly bent, he graduated second in his high school class.

GOLDEN ANNIVERSARY

Mr. and Mrs. George L. Washington, Sr. celebrated 50-years-of-marriage with traditional ceremonies last week. The couple was married on April 24, 1924, in Weatherford, Texas. The Washingtons renewed their wedding vows beneath plum trees in the garden of their son and daughter-in-law Mr. and Mrs. George L. Washington, Jr. The Rev. Dr. Elbert Thames performed the ceremony. Mrs. Daisy Bell acted as matron-of-honor. Best man was Mr. Cornace Sanders. Mrs. Genetha Blakey and Mrs. Flora Washington were hostesses. The Washingtons are the parents of 8 children. They have 23 grandchildren and 27 great-grandchildren.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1:30 pm 2:25 pm Non-stop Daily
3:15 pm 4:15 pm Non-stop Fri & Sun
4:15 pm 5:10 pm Non-stop Daily
5:45 pm 6:40 pm Non-stop Daily
7:30 pm 8:25 pm Non-stop Daily
9:30 pm 10:25 pm Non-stop Daily
Midnight Flyer:
11:30 pm 1:05 am One-stop Ex Sat & Sun nights
SAN FRANCISCO $9.00
6:45 am 7:10 am Non-stop Ex Sun
8:00 am 8:25 am Non-stop Sun
9:45 am 10:10 am Non-stop Ex Sun
10:45 am 11:10 am Non-stop Sun
12:15 pm 12:40 pm Non-stop Ex Sun
4:45 pm 5:10 pm Non-stop Daily
7:00 pm 7:25 pm Non-stop Sun
7:45 pm 8:10 pm Non-stop Ex Sun
8:30 pm 8:55 pm Non-stop Fri & Sun
Midnight Flyer:
11:30 pm 11:50 pm Non-stop Ex Sat & Sun nights
ONTARIO $23.00
6:45 am 9:30 am Via SF Ex Sun
8:00 am 10:40 am Via SF Sun
12:15 pm 2:00 pm One-stop Ex Sun
7:00 pm 8:45 pm One-stop Sun
7:45 pm 9:30 pm One-stop Ex Sun
OAKLAND $9.00
1:20 pm 1:45 pm Non-stop Ex Sat
6:40 pm 7:05 pm Non-stop Daily
HOLLYWOOD-BURBANK $23.00
LEAVE ARRIVE
6:45 am 8:35 am Via SF Ex Sun
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10:45 am 12:20 pm One-stop Sun
12:15 pm 2:05 pm Via SF Ex Sun
1:20 pm 2:55 pm One-stop Ex Sat
4:45 pm 6:35 pm Via SF Daily
6:40 pm 8:15 pm One-stop Daily
7:00 pm 8:40 pm Via SF Sun
8:30 pm 10:05 pm One-stop Fri & Sun
SAN DIEGO $27.25
6:45 am 9:40 am Via SF Ex Sun
7:15 am 8:55 am One-stop Ex Sun
8:00 am 10:40 am Via SF Sun
8:15 am 9:55 am One-stop Ex Sun
9:15 am 11:55 am Via LA Sun
10:30 am 1:40 pm Via LA Fri & Sun
10:45 am 1:40 pm Via SF Fri & Sun
1:30 pm 4:25 pm Via LA Daily
3:15 pm 5:55 pm Via LA Ex Fri & Sun
5:45 pm 7:25 pm One-stop Daily
7:30 pm 9:40 pm Via LA Ex Fri & Sun
7:30 pm 10:35 pm Via SF Daily
8:30 pm 10:40 pm One-stop Fri
9:30 pm 11:10 pm Via LA Sun
9:30 pm 11:55 pm Via SF Fri & Sun
LONG BEACH $23.00
6:45 am 8:25 am One-stop Ex Sun
8:00 am 9:40 am One-stop Sun
4:45 pm 6:25 pm One-stop Daily
STARTS MARCH 25.

COFFEE CALMS DOWN HYPERKINETICS

Two cups of coffee a day can calm the hyperkinetic child and keep narcotic stimulants away.

Coffee has proved as effective as medication in treating the symptoms of hyperkinetics, but the coffee cure has the added advantage of producing no side effects.

According to a report by psychiatrist Robert C. Schackenberg of the William S. Hall Psychiatric Institute in Columbia, S. C., Dr. Schackengerg recently compared the effects of narcotic stimulants versus two cups of coffee daily on 11 hyperkinetic children.

The children underwent trial periods of three weeks each, first with medication and then with coffee, Schackenberg said. Both treatments helped the children maintain concentration, control impulses, and follow directions.

Although the commonly prescribed stimulants and the coffee were equally successful, Schackenberg noted the coffee did not cause insomnia, loss of appetite and weight or other side effects stemming from the medication.

OPEN HOUSE

About 200 parents and their children participated this week in American Legion High School's Eighth annual open house. The open house was designed to showcase the unique educational programs offered by the school. The school attempts to provide alternatives to students who, for various reasons cannot function within the "normal educational context" of the school district's five high schools.

One of the more interesting aspects of the school is its day care center for children whose mothers attend regular classes during the day. The center allows mothers to continue with their high school education without having to burden relatives or pay babysitters. The public is invited to tour any of the school's facilities.

AFFLUENT ARE GETTING THE BARGINS

The rich are getting richer at their local supermarkets where advertised specials are more abundant than in low-income areas.

A survey by three University of Alabama business professors revealed that stores in one urban high-income neighborhood offered the most advertised specials followed by supermarkets in an urban low-income area.

But in a report published in the recent issue of "Human Behavior" magazine, the professors said stores studied in the non-urban low-income area fell far behind city supermarkets in advertising specials. In fact, these non-urban stores had specials totaling less than half the dollar value of those offered to city dwellers.

Professors J. B. Wilkinson, Edward M. Smith and J. Barry Mason also discovered that shoppers in the higher-income bracket took more advantage of specials than either of the low-income groups. But the Alabama researchers pointed out the higher - income shoppers bought more groceries. Specials accounted for the same percentage of total grocery purchases in each group, they noted.

The belief that the poor insist on paying more for groceries was exploded by the team.

Food stamp users counted their pennies carefully and took advantage of specials when they were available as often as the more affluent, the professors observed.

Harsher Punishment Suffered By Females

The female juvenile delinquent is often punished for suspected promiscuity as well as the crime she committed.

Sociologists Meda Chesney-Lind of the University of Hawaii combed Honolulu's Juvenile Court files and unearthed several decades of judicial male chauvinism.

Her findings revealed the young female offender usually draws a harsher sentence than her male counterpart.

"Official court statistics consistently underestimate the volume of female deviance and overestimates its sexual character," says Chesney-Lind

According to the report, the female delinquent is depicted by the media as a "criminal Lolita, hell-bent for promiscuity." This over-sexualized picture of the female offender has led the courts, concerned with upholding youthful morality as well as the law, to severely sanction female delinquents.

"Running away and sex offenders alone accounted for 60.7 per cent of all the female delinquency referrals," Chesney-Lind says. The court's discriminatory attitude toward girls was underscored by the high percentage of female offenders subjected to gynecological examinations - even when the crime in question was larceny or burglary.

Records showed that between 1925 and 1955, about 70 or 80 per cent of female suspects were examined compared with only 12 to 18 per cent of the males, Chesney notes.

OBSERVER'S ERROR

In an article entitled "Mother of Sickle Cell Anemia Victim Promotes Benefit," which appeared in the April 18 - 24 edition of The OBSERVER, it was reported that Mrs. Evelyn Dixon had worked at the Oak Park Neighborhood Council earlier this year.

The statement is in error. Mrs. Dixon has never worked at the Oak Park Neighborhood Council. We apologize for the error and we hope we have not caused any inconveniences.

SNOW JOB

You know, there was a story in my hometown paper the other day about someone who sent our local weatherman a post card that said, "Dear Sir...I thought you might be interested in knowing that I have just shoveled three feet of partly cloudy from my front steps. . ."

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High School Students Attend UCD Annual Picnic Day

There was a new happening at UC Davis's 61st annual Picnic Day: 200 high school juniors and seniors, mainly Black, Native American, and Mexican American, came to tour the University of California Davis campus, enjoy the festivities, and get turned on to science and engineering careers, or this was at least the intent of the sponsoring Northern California Council of Black Professional Engineers (NCCBPE), who brought them to the annual event.

Between viewing the parade, tennis tournament, dance groups, aquacade and other Picnic Day specials, the young students were led on a tour of the Colleg of Engineering by Dr. Melvin R. Ramey, Associate Professor of Engineering at UC Davis. Dr. Ramey was assisted by Robert Easley, a mechanical engineering junior at UCD; David Howard, Jr., aerospace engineering sophomore at UCD; and Rene Williams, an electrical engineering sophomore also at UCD.

Computer games, departmental exhibits, and a picnic lunch provided by the Council and "engineered" by NCCBPE President, Shelly Bailey, and Mrs. Bailey of Sacramento, wound up the day's activities.

Area coordinators for the field trip were William Knowles, William Coffee and Winston Fraser, San Jose; Joan Baker and Paul Thrash, San Francisco; Robert Thompson, Ken Jones and Shelly Bailey, Sacramento; and Margo Hicks, Oakland, Berkeley, Richmond.

High school counselors and parents accompanying the East Bay group were A. D. Sanchez, Berkeley High; Mrs. Joan Jesperson, Castlemount; Mrs. Dorothy Thompson and Mrs. Nancy Harden, Dewey High; Mrs. Laura Shephard, Oakland Technical High School; and Mrs. Elois Irvin and Horatio Alvelino, John F. Kennedy High School, Richmond.

This is the first educational project of the 40-member NCCBPE, which has as a major objective, the encouragement and assistance of Black youth to enter the engineering profession.

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ROYAL BALL

The royal court of Norte Del Rio High School included Bennie Walker, Joyce Dexter, Henry Brock, Sharon Layton, Kerry Belton, Gail Hawthrone, Roy Davis, Sandra Lang, Charles Yerger, and Ruby Jones.

Jasper Turner, left, and Jackie Royston, second from left, king and queen from North Highlands High School along with James Owens, right and Vickie Richardson king and queen from Norte Del Rio High School, reigned over the recent Afro Ball for Sacramento area Black Student Union members. Over 250 people attended the event which was held at Candlerock Lounge. Local band, the "Fifth Chapter" provided entertainment.

AFRO - STYLE IS A POTENTIAL FIRE HAZZARD

Warning: Keep your Afro away from flame.

This warning comes from the head of the Burn Service at Los Angeles County-University of Southern California (USC) Medical Center, where there have been an unusual number of recent burn cases involving Afro hairdos.

Dr. Bruce Zawacki of Los Angeles, Assistant Professor of Surgery at the USC School of Medicine, described four such cases within the past two months that have been treated at the Medical Center.

"In three cases, hair spray had been used by the victims," he said. "In one of the accidents, the victim, riding in a closed car, lit a cigarette immediately after using hair spray. The hair literally exploded."

In one case, no additives had been used on the hair. Since hair is not normally flammable, Dr. Zawacki observed that the explanation seems to lie in the hairstyle itself, in which the hair is "teased" to give it its distinctive appearance. This creates innumerable tiny air pockets, which make the Afro an easily-ignited, potential fire hazard.

The USC physician suggests that anyone wearing an Afro be especially careful near lighted candles, matches, cigarettes, or stove burners.

INTRODUCING NEWS IN THE MOTHER TONGUE

For Black people, the mother tongue is the same all over the country. It's the unique way we have of expressing ourselves. That's one of the reasons the National Black Network saw the need for a national Black news service.

What do we call Black news? It's simply news reported by Black people, edited by Black people, and affecting the lives of Black people.

That's the National Black Network—a vital communications link between Black communities everywhere.

It's a bet that when you listen to an *NBN* station, you'll know where it's coming from. After all, it's carrying *your news*.

National Black Network
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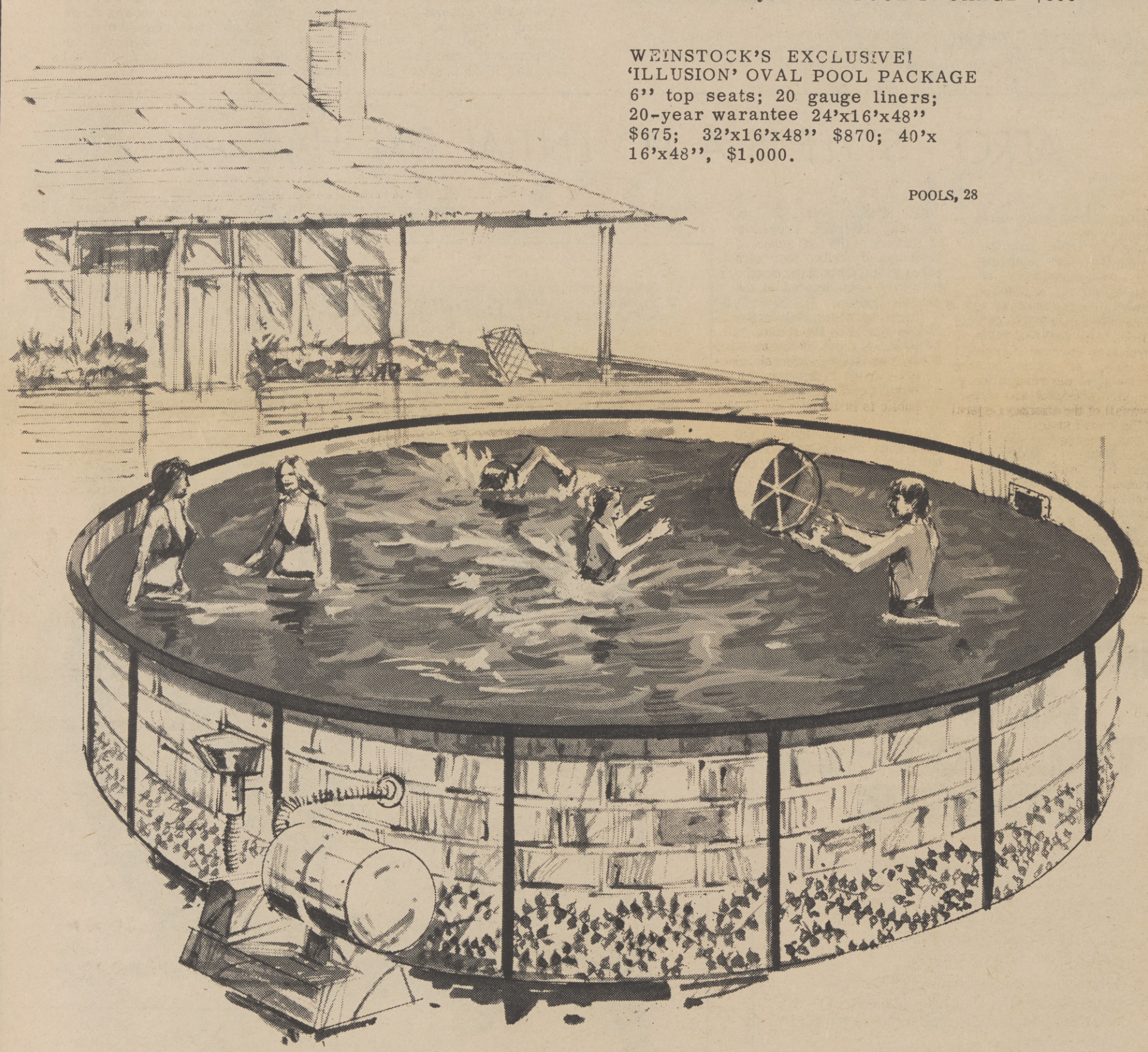
POOLS, 28



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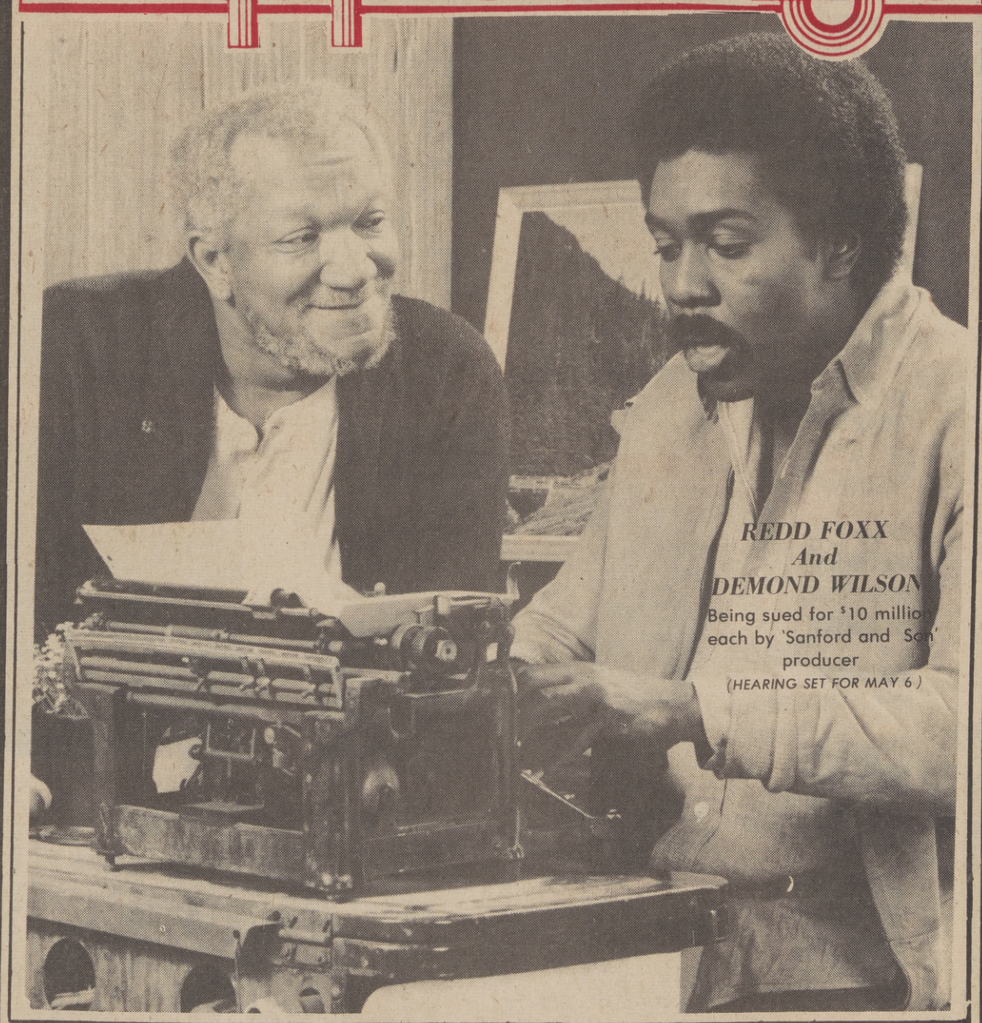
The Sacramento Observer

ENTERTAINMENT GUIDE

APRIL 25
MAY 1

the happenings



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RECORD AND MOVIE REVIEWS · BLACKS ON TV · LIVELY ARTS

ON THE GO WITH COCOA

G. COCOA WALTHER

PEOPLE WHO NEED people, are the luckiest people around . . . yea, for real . . . TOM PHELPS of Aquarian Efforts and EVELYN DIXON of Love In Friendship & Education, would like to express their thanks to everyone who participated in the 1st Annual Grass Roots Bar-B-Que & Picnic, in Oak Park last Saturday, through this column. As a member of that committee, I am honored, that they have asked me, to serve as that vehicle to deliver the following message.

Special thanks to the Publisher-Editor of THE SACRAMENTO OBSERVER, Mr. William Lee and his staff, to Radio Stations KPOP, KPIP, KCRA and television. The Sacramento Bee, Sacramento Union, Walt Simpson, Willie Smith, Herman Cole, William Moore, CMSgt. Zumalt, Sgt. Cokely, Mr. Taylor, Lou & Bob Williams, AFB Lt. Small, Base Commander Allen Carver of Beale AFB. The staff's at McClellan, Mather, Travis, Beale AFB. Mr. Jr., Mr. Brown, The Sacramento Parks and Recreation Department, Lou Egar, McGeorge School of Law, Coles Variety, Little Robert & The Fondells, Black Gold, The Record Tree, Fred Hamilton, Channel 13's Warren Hooper and cameraman, Maylan, Regina Clayter, Jeana Kingsbury, the executive staff of Rainbo Bakeries, KGO radio and television in San Francisco, and especially to all of the committee of LIFE (Love In Friendship & Education(, and those that attended making this year's picnic one we will long remember.

THE ENTERTAINER'S ENTERTAINER, none other than TONY MARTIN, makes his initial professional bow into ZORBA'S this Friday, April 26th thru May 5th. The LOU RAWLS Revue will open at the popular eatery on May 14th, for two weeks. Martin, long a favorite on the Vegas Strip, comes to the Camellia City to steal the hearts of many of Zorba's regular customers. Martin is best remembered for his cameo role as Pepe La Moca in the film 'Casablanca,' is noted for his nostalgia of love ballads of the 40's & 50's. Thus, many a listener will probably swoon to the beat of "Begin the Beguine." He is married to actress-dancer, Cyd Charisse.

When at Zorba's be sure to see John Sporos, "King of the Bouzoukee," and the delightful singing and recording star from Athens, Greece, Vula Papadupulos and lest we forget, the exotic Belly dancing of the very lovely Najla . . . now do you suppose I could get her to show me some of the finer arts of life?

ZORBA'S long a favorite here in Sacramento for Greek and American Food. It excels in authentic Greek dancers nightly except when the club headlines top entertainers. We would suggest you make your reservations for a unique night on the town . . . NOW . . . by calling 441-1903.

WHAT EVER HAPPENED to the plans to film the great life of the late great ballad singer, NAT KING COLE? Rumors would have you believe movie companies are afraid of set-backs re: "Lady Sings The Blues," as just another movie, and not the real side of the late Billie Holiday. Nat, will be remembered by many, his story should be filmed, possibly with his wife Maria, or his daughters close by to edit the project. Top box office attraction BILLY DEE WILLIAMS, has already signed and agreed to do the part. Yes, Billy has a beautiful singing voice. He had at one time, recorded for Prestige Records . . . What You Say . . .

NAT KING COLE

LOU RAWLS

NAJLA

GLADYS KNIGHT

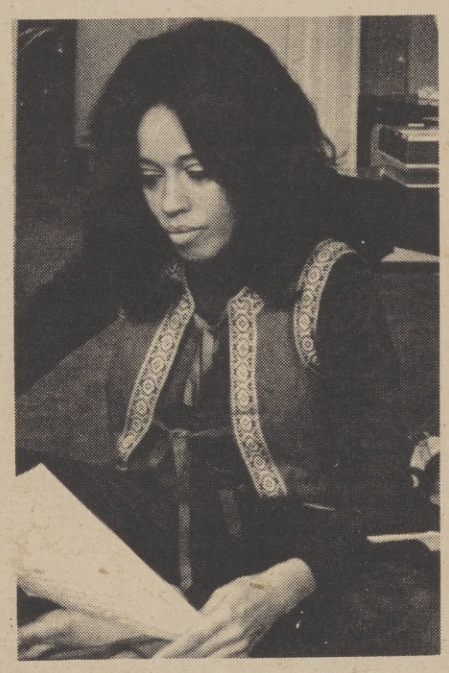
THE OTHER EVENING, we had the pleasure to view "Claudine," the 20th Century release which stars Diahann Carroll and James Earl Jones. Altho Ms. Carroll has been speaking very freely about her role in the film, "the best she has had to date," this columnist feels it is just another role similar to her TV days of "Julia." The original role in "Claudine," was written for the late great actress, DIANA SANDS, who we feel had she lived through the production of the flim, before her untimely death, would have hailed her as the actress of the century. Ms. Carroll's portrayal of a maid on welfare who falls in love with Jones (a garbage collector) is one that is unconvincing and just too hard to feel or to believe. In "Claudine," she is the mother of six children, employed as a maid and gets it on with a garbage collector. Ms. Carroll is a brilliant actress (we loved her in Paris Blues), a wonderful singer, but I feel her portrayal of "Claudine," should have never been. The title song is brilliantly sung by GLADYS KNIGHT and THE PIPS.

OUR CONGRATS VIRGINIA, that would be Virginia Capers formerly of San Francisco for taking the coveted TONY AWARD in New York for the Best Actress in a musical. The musical would be Raisin in the Sun. A deserving award to a beautiful and deserving actress.

LENA HORNE will grace the tube once again, as she will host and present her own television show this fall. So I hear it through the cocovine. With all the talent that she has, the best thing to do is to put her on center stage, with strings, full orchestra, a mike, a warm sensitive audience, and let her sing. You can be sure of one thing, it will be nothing but wonderful music, crowned with experience, excitement and warmth, regally placed by the song stylings of Lena Horne.

THIS SATURDAY AT ZELLERBACK Hall University of California at Berkeley, from 8:00 a.m., to 6:00 p.m., the annual Jazz Festival of Bands, coming from Universities as far away as Utah to compete for the priviledge to play with HUBERT LAWS and BILL BELL that evening. The concert that evening will start at 8:00 p.m., and will highlight eliminations since early that morning. It's a great opportunity to sit in and hear jazz at it's finest.

The other jazz festival the annual one, will be held in May, which in the past has been the most successful of all others than the granddaddy of them all . . . Monterey . . . More on that as we get details.



DIANA SANDS

DIAHANN CARROLL

LENA HORNE

The Sacramento Observer ENTERTAINMENT the GUIDE happenings

WILLIAM H. LEE Publisher
G. COCOA WALTHER Entertainment Editor

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JAZZ IN REVIEW

By MICHAEL Y. CORBETT

Bill Withers Will Appear At Berkley's Annual Jazz Festival

In the few short years of its existence, the UC Berkeley Annual Jazz Festival has managed to consistently attract the top talents of the art. It has also succeeded in becoming a veritable Black Cultural event, and as such many people look forward to the festival with unrestrained enthusiasm.

In years past, the festival has been held on the last weekend of April, though the number of days dedicated to the festival, have ranged as high as seven. The usual practice, however, was to have a festival that confined itself to Thursday, Friday and Saturday nights.

After last year's performances, virtually everyone who attended was hard-pressed to imagine a line-up that could be any more creative and entertaining than that of the 1973 Festival. Undoubtedly, the performances of McCoy Tyner, Pharoah Sanders, and Gil Scott-Heron, had a lot to do with that attitude but the other featured artists did a most commendable job as well.

Yet, despite all of the enthusiasm that surrounded the coming of the 1974 Festival, things began to get just a lit-

tle harried around January and February when there was a flood of gossip and half-truths out of Berkeley relating to the possibility that there would be no Berkeley Jazz Festival in 1974.

Well such is not to be. and while the festival will not be held during the month of April, as is usually the case, the Festival WILL take place in May. Specifically, the dates for the event are May 17th and 18th, Friday and Saturday, and the line-up is a little different from past years.

Nevertheless, the assemblage of artists should prove entertaining and not a few of the artists featured, are currently enjoying unprecedented popularity. The difference I spoke of earlier, refers to the presence of Bill Withers as a part of the line-up. Mr. Withers is not what one would call a jazz artist, but he is certainly one heck of a vocalist, and several of his compositions have been re-worked into jazz pieces - e.g., "Ain't No Sunshine."

Bill appears on the May 17th set, and in addition, that set will feature Ahmad Jamal, The Gary Bartz Ntu Troop and guitarist, Larry Coryell. All of these artists have a relatively recent album out that is doing well, with Bartz' "I've Known Rivers and Other Bodies" (Prestige, P-66001) doing very well, although Bill Withers' "Justments," (Sussex, SRA-8032) is sure to reach the top of the charts soon also.

The May 18th agenda, calls for performances by The Crusaders, Les McCann, Norman Connors and Prince Lasha, the latter being a local musician from San Francisco who has made an appearance in at least one other Berkeley Festival.

As for The Crusaders, McCann and Connors, each has a brand new album out. The Crusaders' "Unsung Heroes" (Blue Thumb, BTS-6007) is doing very well, and as is the case with much of their material, it is getting AM as well as FM airplay. Regarding McCann, his "Layers" album (Atlantic, SD-1646), is rapidly rising in popularity.

With the above line-up, the Berkeley Festival should prove enjoyable, and one can only hope that it lives up to past performances. The talent will be there so there's no reason why the Greek Theatre should not be as jam-packed as in the past years.

BLACKS ON TV

TV Special Presents 'Four Portraits In Black'

A CBS News Special: "Four Portraits In Black," takes a look at the status of the middle-income Black, a status now enjoyed by half the Black families in the United States, on Friday, April 26th at 9 p.m., on the CBS Television Network.

The two-hour special, reported by CBS News Correspondent Hal Walker, will include a panel discussion which comments on the four families shown in the broadcast.

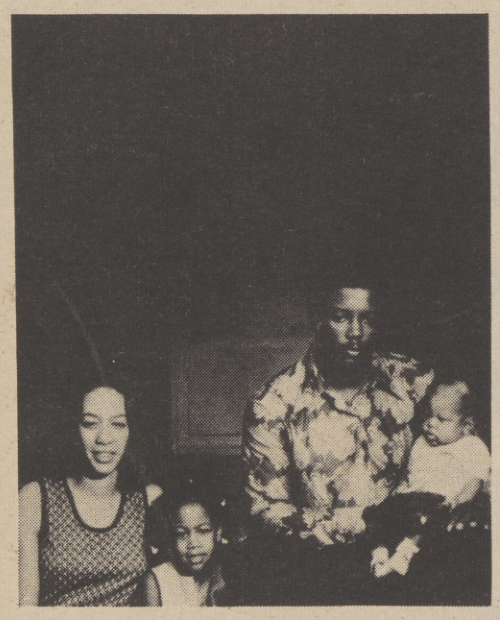
Participants on the panel will include Rev. Jesse Jackson, president of People United to Save Humanity, and Rep. Andrew Young, Democrat from Georgia.

"Four Portraits In Black," may well change the way white Americans think of Black Americans as well as the way many Blacks think of themselves. Notes producer Perry Wolff, "Besides the actual examples we portray of Black families who have achieved a measure of financial independence, we will present the findings of a CBS News National survey taken last summer which will bring out some surprising facts about the economic status of the Black today."

The four families visited are: Beverly and Gregory Reeves, a young couple with one daughter who were raised and married in a poor neighborhood but recently moved 30 blocks on the same street to a new Black middle-class suburb; Donald and Dolores Maxwell and their two children, who live in a home they renovated and who have recently purchased another house and apartment building; Willie and Minnie Mae Collins, parents of seven sons, who came North from a small farm in Mississippi 15 years ago and now live in a neighborhood of single families with detached houses on small plots; and Prince and Dorothy Morgan with their eight children, who have made the jump from public housing to a modern white suburb.

Perry Wolff is the executive producer of "Four Portraits In Black," and David C. Fuchs is the producer. Phyllis Bosworth is associate producer.

'PORTRAIT'



Donald and Dolores Maxwell, and their two children. One of the families featured in "Four Portraits in Black," which will air at 9 p.m., April 26, on Channel 10.

THE URBAN LEAGUE PRESENTS:

13 KOVR
McCLATCHY BROADCASTING

DELORES BRYANT AND GUESTS

PERCY STEELE *Exec. Director, Bay Area Urban League*

READERS THEATRE *Consumnes River College presents excerpts from Don't Bother Me, I Can't Cope"*

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Job Announcements

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KXTV 10

THIS WEEK

The Sacramento Observer presents this viewing guide each week in hopes of increasing your video awareness. Your comments, and suggestions, are our guide for presenting this information. Please drop us a line to let us know how you feel about "Blacks on TV.

SATURDAY

APRIL 27

KIDS THEATRE - "Alice in Wonderland," on Channel 3, at 9:00 a.m.

BASEBALL - The Houston Astros vs the Pirates in Pittsburgh, on Channel 3, at 11:15 a.m.

FAT ALBERT - Cartoon, with Bill Cosby, on Channel 10, at 1:20 p.m.

SESAME STREET - On Channel 6, at 4:00 p.m.

NAME OF THE GAME - Drama, starring Erroll Garner, on Channel 10, at 4:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:00 p.m.

WRESTLING - On Channel 40, at 5:00 p.m.

WORLD AT WAR - On Channel 10, at 7:00 p.m.

ABA PLAY-OFF - Special: The sixth game in the Nets-Colonels series, or the seventh game in the Stars-Pacers series, on Channel 40, at 7:00 p.m.

M*A*S*H - On Channel 10, at 8:30 p.m.

DON KIRSHNER'S ROCK CONCERT - On Channel 13, at 11:15 p.m.

SUNDAY

APRIL 28

ORAL ROBERTS - On Channel 13, at 8:30 a.m.

KATHRYN KUHLMAN - On Channel 10, at 9:00 a.m.

URBAN LEAGUE PRESENTS - On Channel 12, at 12 Noon.

JERRY WEST SPECIAL - A salute to basketball. An interview with Elgin Baylor, on Channel 10, at 2:00 p.m.

SESAME STREET - On Channel 6, at 4:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:30 p.m.

DRAGNET - On Channel 13, at 6:30 p.m.

OZZIE'S GIRLS - Starring Brenda Sykes, on Channel 10, at 7:00 p.m.

APPLES WAY - On Channel 10, at 7:30 p.m.

MANNIX - Starring Gail Fisher, on Channel 10, at 8:30 p.m.

JOHNNY MANN'S STAND UP AND CHEER - With Lou Rawls, on Channel 40, at 10:00 p.m.

MONDAY

APRIL 29

SESAME STREET - On Channel 6, at 9:00 a.m.

ELECTRIC COMPANY - On Channel 6, at 10:00 a.m.

CELEBRITY SWEEPSTAKES - With Greg Morris, on Channel 3, at 11:30 a.m.

LET'S MAKE A DEAL - On Channel 13, at 1:30 p.m.

PRICE IS RIGHT - On Channel 10, at 2:00 p.m.

NEWLYWED GAME - On Channel 13, at 2:00 p.m.

SESAME STREET - On Channel 6, at 4:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:30 p.m.

CONCENTRATION - On Channel 10, at 7:00 p.m.

HOLLYWOOD SQUARES - With Demond Wilson, on Channel 10, at 7:30 p.m.

MAGICIAN - Drama, starring Jim Watkins, on Channel 3, at 8:00 p.m.

MISSION: IMPOSSIBLE - Starring Greg Morris, on Channel 13, at 12:15 p.m.

TUESDAY

APRIL 30

SESAME STREET - On Channel 6, at 9:00 a.m.

ELECTRIC COMPANY - On Channel 6, at 10:00 a.m.

CELEBRITY SWEEPSTAKES - With Greg Morris, on Channel 3, at 11:30 a.m.

LET'S MAKE A DEAL - On Channel 13, at 1:30 p.m.

PRICE IS RIGHT - On Channel 10, at 2:00 p.m.

NEWLYWED GAME - On Channel 13, at 2:00 p.m.

SESAME STREET - On Channel 6, at 4:00 p.m.

MIKE DOUGLAS - With guest Melba Moore, on Channel 10, at 4:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:30 p.m.

BILL MOYERS' JOURNAL - Report: The history of Blacks in America is among the topics, on Channel 6, at 8:00 p.m.

TENAFLY - Crime drama, starring James McEachin, on Channel 3, at 8:30 p.m.

BLACK JOURNAL - Are Black films exploiting their audience? Discussing the issue are stars: Ron O'Neal, ("Super Fly") and Tamara Dobson ("Cleopatra Jones") actor-director Ossie Davis, on Channel 6, at 9:00 p.m.

MAUDE Starring Esther Rolle on Channel 10, at 9:30 p.m.

CONCENTRATION - On Channel 10, at 7:00 p.m.

PRICE IS RIGHT - On Channel 10, at 10 :00 p.m.

MISSION: IMPOSSIBLE - Starring Greg Morris, on Channel 13, at 12:00 p.m.

WEDNESDAY

WEDNESDAY
MAY 1

ELECTRIC COMPANY - On Channel 6, at 10:00 a.m.

CELEBRITY SWEEPSTAKES - With Greg Morris, on Channel 3, at 11:30 a.m.

LET'S MAKE A DEAL - On Channel 13, at 1:30 p.m.

PRICE IS RIGHT - On Channel 10, at 2:00 p.m.

NEWLYWED GAME - On Channel 13, at 2:00 p.m.

MERV GRIFFIN - With guest Errol Garner, on Channel 13, at 3:30 p.m.

AFTERSCHOOL SPECIAL - Drama, "My Dad Lives in a Downtown Hotel," on Channel 13, at 5:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:30 p.m.

ZOOM - Children, on Channel 6, at 6:00 p.m.

CONCENTRATION - On Channel 10, at 7:00 p.m.

THE COWBOYS - Starring Moses Gunn on Channel 13, at 8:00 p.m.

THEATRE IN AMERICA - "To Be Young, Gifted and Black," on Channel 6, at 8:30 p.m.

SHORT STORES OF LOVE - Anthology, with Roscoe Lee Browne, on Channel 3 at 9:00 p.m.

MISSION: IMPOSSIBLE - Starring Greg Morris, on Channel 13, at 11:30 p.m.

GERALDO RIVERA-GOOD-NIGHT, AMERICA - The careers and deaths of rock superstars Jimi Hendrix, Janis Joplin, on Channel 13, at 12:30 p.m.

THURSDAY

MAY 2

ELECTRIC COMPANY - On Channel 6, at 10:00 a.m.

CELEBRITY SWEEPSTAKES - With Greg Morris, on Channel 3, at 11:30 a.m.

LET'S MAKE A DEAL - On Channel 13, at 1:30 p.m.

NEWLYWED GAME - On Channel 13, at 2:00 p.m.

SESAME STREET - On Channel 6, at 4:00 p.m.

ELECTRIC COMPANY - On Channel 6, at 5:30 p.m.

IRONSIDE - Starring Don Mitchell, on Channel 3, at 8:00 p.m.

KOPYCATS - With George Kirby, on Channel 13, at 8:00 p.m.

MUSIC COUNTRY U.S.A. - With Dionne Warwicke, on Channel 3, at 10:00 p.m.

FRIDAY

MAY 3

SESAME STREET - On Channel 6, at 9:00 a.m.

CELEBRITY SWEEPSTAKES - With Greg Morris, on Channel 3, at 11:30 a.m.

CONCENTRATION - On Channel 10, at 7:00 p.m.

SANFORD AND SON - Starring Redd Foxx and Demond Wilson, on Channel 3, at 8:00 p.m.

GOOD TIMES - Starring Esther Rolle and John Amos, on Channel 10, at 8:30 p.m.

DEAN MARTIN - With Guest, Nipsey Russell, on Channel 3, at 10:00 p.m.

MISSION: IMPOSSIBLE - Starring Greg Morris, on Channel 13, at 11:30 p.m.

MIDNIGHT SPECIAL - With the Staple Singers, on Channel 3, at 1:00 a.m.

HOLLYWOOD BEAT

By BILL LANE

THE FELLOWS who book talent into the Las Vegas main show rooms are scratching their heads. They had not been missing the boat when booking talent for that city's small show lounges, finding most entertainment groups today fit neatly into a lounge-act category - acts like The Checkmates, The Treniers, and now even former main showroom star, Lou Rawls. Rawls was playing the MGM Grand Hotel Lounge when the Jackson 5 opened in the main room of the new entertainment spa.

But when the J-5 opened in the main room the booking men were scared. They feared the kids would not draw enough customers. So they placed top-liner comic Frank Gorshin in the line-up with them.

The surprise that hit them all, was all the mothers, fathers and children who packed the main room - not for Gorshin, but for the famous Black youngsters they'd all thought were show lures only in the kiddie (and Black) circuits. Final tally brought out that the NEW Jackson 5 Revue outdrew ALL the other big, big shows in Las Vegas during the time of the J-5 engagement. The MGM Grand Hotel, as is recalled, opened some months ago with the housewives' delight, Dean Martin, as star. The critics panned Martin's customary nasty jokes and feigned Barleycorn stupor, but the customers piled in. But, alas, latest counts show that the Jackson 5 show outdrew the Dean Martin show.

NEWS of the recent demise of tap dancer Baby Lawrence sort of brought up a realization - there are mighty few Black tap dancers on the show scene today. "Baby" Lawrence Jackson died in New York City of cancer at age 53. In his prime he was called the best of the best. He gave concert artistry to the art of tap dancing, and he did it at a time when the show world was blessed with Black tap artists like Bill "Bojangles" Robinson, Bill Bailey, Bunny Briggs, Teddy Hale, The Chocolateers, The Cotton Club Boys and Cholly Atkins. Today tap dancer Gene Bell is one of a lonely few real star tap dancers on the show stages.

It is possible that Black dancers felt tap dancing was akin to "buck-dancing" and something not in keeping with the new "awareness" and "image" in the "Black Is Beautiful" psyche, and as a corollary shunned any further development in the art. But keep in mind, the most applauded routine in the new act of the Jackson 5 show routine is the one in which the boys, along with their sister, LaToya, lay down some of the fanciest tap dancing this side of fifty Buster Browns.

Baby Lawrence was an inspiration for the dancing feet of Fred Astaire and Gene Kelly. His precise foot taps were to dancing what a magnificent voice or an accomplished musicianship is to written music. His intricate and polished footwork was applauded in later years at the Montgomery Jazz Festival and at the Newport Jazz Festival.

San Francisco writer, Johnny Wasserman, once described the dancing of Baby Lawrence thusly: "His body at work is a thing of beauty and a joy forever; a graceful, soaring, weightless mass, arms crooning harmony to legs, feet moving with the uncharted swiftness of a hummingbird, toe in counterpoint to heel, flashing across the splintery boards as if he were a flat rock skimming a still lake."

Chances are, if Baby Lawrence's time had actually been now, in this age of finally forced utilization of Black talent in hitherto uncharted waters, his name would have been listed on many star-show programs as choreographer.

Somewhere, in this questionable maze of racial progress, our new-day performers are going to look around them and find out truly where they are coming from. They are going to learn that the beautiful part of being Black is remembering those talented and unsung torchbearers of yesteryear who lit the way long before the dazzling lights began to shine on the Black superstars of this Age of Awareness.

It's sad when whites have to be the ones to ressurect the memories of Bessie Smith, of Scott Joplin and Huddie Ledbetter. We entreaty a fragmented Hollywood movie industry to "give us films about our historical heroes," forgetting that Hollywood and the mostly white concert stage gave recognition to Paul Robeson when American Black leaders and Black publications once shunned contact with him lest they be "contaminated" by his alleged leftist leanings.

The white show people never let any "taint" surrounding Charles Chaplin dim their adoration of him and his talents. They sang his praises long after he'd moved to Europe, and brought him back to timultuous applause and acclaim for an international appearance on an Oscar telecast.

SHORTIES: Maurice King is now music conductor for The Spinners and remembered by us when he was bandleader at the old Flame Show Bar in Detroit. That's back when Della Reese was a starting singer there, as was Johnny Ray, who recorded his first hit with the Maurice King Orchestra . . . Music critics giving a lot of laudits to William Grant Still's "Lento con Risolutione" in Columbia's new Black Composers Series, as played by the London Symphony Orchestra and conducted by Paul Freeman.

NEWS might come out soon of a divorce action, if filed by that very popular singer who has been wed to a sister of a very big corporation head for some years. They got married when the singer was a virtual inknown, virtually hitchhiking his way to fame. Friends, who'd been wondering what's going on, how say an 18-year-old lassie is making the singer a stubborn kind of fellow. Anyway, his ever-lovin' spouse, seeing that recent photo of him and the teenager in a popular rock magazine, is saying, "tis sed, "Let's get it on."

SIDNEY POITIER's upcoming movie, "Uptown Saturday Night," set to open around the middle of June, has been picked for a special showing at the NAACP convention in New Orleans. The pic stars Poitier, Cosby, Belafonte, Wilson (Flip), Pryor, Calvin Lockhart, Paula Kelly, Roscoe Lee Browne, Rosalind Cash and about every Black extra and stuntman on Hollywood casting rolls . . . Ron O'Neal told our old Detroit-days writer pal Nick Thimmesch that Black critics of "Super Fly" probably don't know more Blacks went to see "The Exorcist," and "The Godfather" than "Super Fly." And Ivan Dixon's directing Phil Dean's "Sty of The Blind Pig," for KCET-TV in Hollywood.

American Conservatory Summer Course

Applications will be accepted for the American Conservatory Theatre's upcoming Summer Training Congress thru June 1 only. The full daytime program of professional training will begin June 17 and continues for ten weeks, through Aug. 23.

All subjects regularly provided the A.C.T. company, are offered during the summer program, including acting, voice, speech, yoga, verse drama, dance, mime, theater games and movement in addition to special subjects and seminars. A.C.T. trainers and distinguished guests conduct the classes which are held daily from 10 a.m., to 5:30 p.m., and from 10 a.m., to 1 p.m. on Saturday.

All applicants must be at least 17 years of age and will be accepted at beginning, intermediate and advanced levels. As in the past, tuition scholarships will also be available to applicants of all races.

Application information may be obtained by writing Allen Fletcher, A.C.T. 450 Geary St., San Francisco, Ca. 94102.

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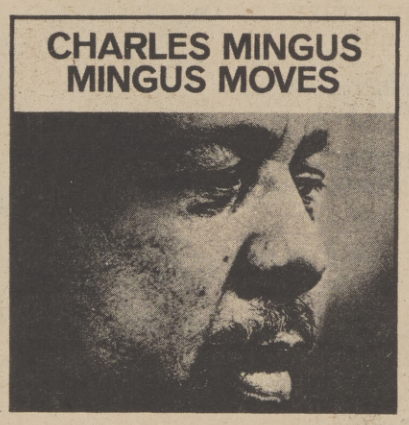

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MUSIC PERSONALITIES

Sahara Tahoe Summer Star Line-Up

The summer entertainment season at Del Webb's Sahara Tahoe at Stateline, promises to be a sizzler in '74 and what better way to start than with the King of sizzlers, Elvis Presley.

May 16 - 26 are eleven days almost too hot to handle when Elvis and his entourage open the High Sierra Theatre summer season in the finest of superstar fashion.

A perennial favorite of Sahara Tahoe audiences, is the multi-talened 5th Dimension, appearing in the 1,350-seat showroom June 3 -13. It's five part harmony - visually and musically - whenever the 5th take the stage.

One of the most dynamic shows around engulfs the High Sierra Theatre June 14-20 when Sahara Tahoe presents the Isaac Hayes Movement. In his own inimitable way, Isaac Hayes captures and enraptures his audiences leaving no soul unturned.

June 22 through July 4, presents all the crackle a five-foot firecracker can pack when Diana Ross graces the showroom stage. The electric Miss Ross does more than sing and perform - she spreads a radiant warmth that touches every audience.

Americana, in the truest sense of the word, is part and parcel of every Johnny Cash performance July 5-11. Cash, the singin' story teller, tells it like he's seen it whether it's songs of the soil, railroads, prisons or love.

Need a good laugh? How about superstar Buddy Hackett at his funniest July 12-18. Hackett's hilarious and unpredictable brand of comedy returns to the Sahara Tahoe after much too long an absence.

The true sexy European, Tom Jones, storms the Tahoe beaches for a two-week campaign July 29 through August 11. Local locksmith's business boom during a Jones engagement as many room keys mysteriously find their way to the High Sierra stage.

Karen and Richard Carpenter bring their Grammy-filled show to the High Sierra August 12-25 to the delight of Carpenter fans. Variety is the name of the game as the brother/sister team run the gamut of their hits in hard/soft rock and easy listening style.

Engelbert Humperdinck, more of a household word than one might think, comes to Sahara Tahoe in all his British glory August 26 through September 8. A name like that and he can sing, too!

She is a woman and she is sensational! That's Helen Reddy, due at Sahara Tahoe September 9. After two smash weekend engagements earlier in the year, Helen's back to wow audiences through September 22.

Behind most of these superstars, is the Al Tronti Orchestra. Each star that crosses the High Sierra Theatre stage, has applauded and commended this house orchestra for outstanding musicianship.

JAY DEE SIGNED BY WARNER BROTHERS

Warner Bros. Records has signed young soul singer, Jay Dee, in an agreement with Barry White's production company, Soul Unlimited Inc.

Dee's first Warner Bros. single, produced by Barry White, "Strange Funky Games And Things," will be released this week.

7th Annual Monterey Jazz Festival Planned For September

The 17th annual Monterey Jazz Festival is scheduled for the weekend of September 20, 21, 22. As in previous years, the big jazz classic will be in the 7,000-seat arena on the Monterey County Fairgrounds.

Festival artists will be announced soon, according to Jimmy Lyons, general manager.

For information contact the Monterey Jazz Festival, P. O. Box JAZZ, Monterey, Ca. 93940, or telephone (408) 373-3366.

For hotel/motel information, contact the Monterey Peninsula Chamber of Commerce, P. O. Box 1770, Monterey, Ca. 93940, or telephone (408) 375-2252.

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MUSIC PERSONALITIES

'Raisin' & 'The River Niger' Are Toni Winners

"Raisin," a musical about a Black family in Chicago, based on the Lorraine Hansberry's play "Raisin In The Sun," was named best musical of the 1973-'74 Broadway season. "The River Niger," a play produced by the Negro Ensemble Company, was selected as best play in the annual presentation of the highest awards Broadway can give, the Tony Award for Excellence in the Theatre.

Michael Moriarity of "Find Your Way Home," was named best actor and Colleen Dewhurst of "A Moon for the Misbegotten" won as best actress in the play category.

Best actress in a musical went to Virginia Capers for "Raisin" and best actor in a musical was won by Christopher Plummer of Cyrano.

Best Play Director went to Jose Quinterio for "A Moon for the Misbegotton." Harold Prince won best direction of a musical, "Candide."

Frederick Loewe and Alan Jay Lerner, who collaborated on the musical hit "My Fair Lady," won a Tony for their score of "Gigi."

Hugh Wheeler won the award for best book for "Candide."

Ed Flanders of "A Moon for the Misbegotten," won a Tony for best supporting actor in a play. Frances Sternhagen of "The Good Doctor," was picked for best supporting actress in a play.

The awards, named in honor of the late Antionette Perry, were selected in 18 categories by a ballot of about 450 members of the theatrical profession.

The coveted Tony statues were presented in a two-hour ceremony at the Shubert Theatre and televised over the ABC Network.

Named for best supporting actress in a musical, was Janie Sell for her role in "Over Here," Tommy Tune won as best supporting actor in a musical for "Seesaw."

Other awards aired earlier in the program incluced: best choreographer, Micael Bennett for "Seesaw;" best scenic design, Franne and Eugene Lee for "Candide."

Also best lighting design, Jules Fisher for "Ulysses in Nighttown;" best costume design, Franne Lee for "Candide."

Competing for the best musical award were "Raisin," "Seesaw," and "Over Here." The best play award nominees were "The Au Pair Man," "Boom Boom Room," "The River Niger," and "Ulysses in Nighttown."

Two productions receiving numerous nomination in other categories but ineligible for best play and best musical awards because they are revivals, "A Moon for the Misbegotten," and "Candide," received special citations from the League of New York Theatres.

Citations also went to Bette Midler and Liza Minnelli for limited Broadway singing engagements, and to Peter Cook and Dudley Moore, author-actors, of "Good Evening."

BLUMENFELD THEATRES

STREISAND & REDFORD TOGETHER! THE WAY WE WERE
AND ACADEMY AWARD NOMINATION
Joanne Woodward
IN Best Actress
Summer Wishes, Winter Dreams
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BROADWAY at 16th.
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CARTOONS 8:15

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PG
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Reno and Lake Tahoe
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HERB ALPERT & The Tijuana Brass
Thru May 2
Next:
BILL COSBY
LETTERMEN
May 3 thru May 17
In Reno
DIONNE WARWICKE
Thru May 1
Next:
THE SMOTHERS BROTHERS
May 2 thru May 15
24-Hour, 7-day reservation service toll free: 800/648-3773
Show Times: 8:15 p.m. & 12 midnight. Seating: 6 p.m. & 11 p.m.
Tahoe Sunday Show: 6 p.m. & 10 p.m.

The Sacramento Observer

APRIL 25 - MAY 1, 1974

URBAN LIVING

SECTION F

R.O.P.

Learning Program For Youth

In a shop at McClellan Air Force Base, a young lady, wearing proper protective goggles, works with a welding lath. In another shop in a state building, a student watches closely making sure the mammoth offset press he operates, does not jam. In a classroom furnished with $40,000 of modified equipment in replica of a long distance operators room, 12 students take and transmitted long distance calls.

In each setting, a student is "learning to work" in the Sacramento County Office of Education sponsored by the Regional Occupation Programs (ROP).

The six-year-old program is a joint effort by business, industry, local schools and school districts and the County Office of Education to provide high school students with vocational training opportunities which would not otherwise be available to them.

Several local school districts participated in ROP. These included Districts that cannot afford to operate a particular course, districts with inadequate facilities or equipment to operate vocational training, and districts with enrollments too small to support certain vocational courses.

Districts where the training opportunities lie outside of its boundaries, also participate in the program.

ROP students train for a specific occupationa skill.

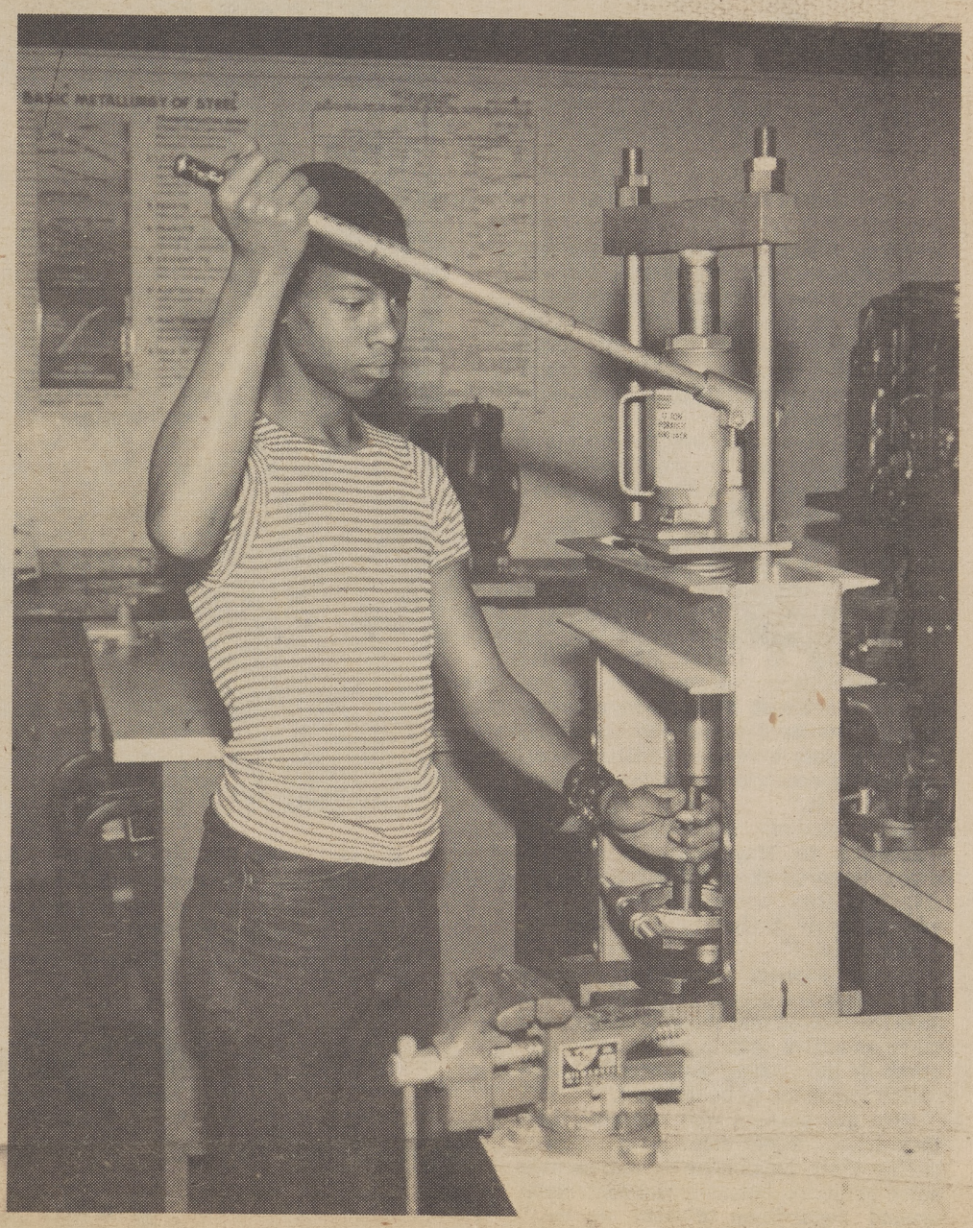
The program helps serve that large majority of students who will not complete college but will need a salable skill to compete in the job market.

Students participating in the program are not paid. They receive only high school credit. They are assigned to different employers where they are trained in such occupations as accounting, motorcycle repair, or even farrier (horse shoeing). Once the student reaches a point where he is able to compete on the job market in that particular skill, he is encouraged to seek paid work experience while completing high school.

Participants are selected from students who have expressed a desire to go to work after high school or seek vocational training.

Students also must show some interest in an occupation and some vocational and technical aptitude must also

(Continued on Page F-2)



Johnson High School student, Storey Thessalon, is shown as he removes a bearing from a 12-ton hydraulic press in a ROP workshop at McClellan AFB.

SCHOLARSHIP RECIPIENTS

These four American River College sophomores have won College Entrance Examination Board Scholarships to help them continue their education at four-year institutions. Seated are Warren Hackett and Hector Corona, and standing, are Glenn Boately and Bertram Graves. The scholarships will cover from 20 to 80 per cent of their tuition costs, depending on need.

ARC Names Scholarship Recipients

Four American River College sophomores have received Upper Division Scholarships from the College Entrance Examination Board to help them continue their formal education at four-year institutions.

The award winners are Hector Corona, an engineering major from Orangevale; Warren Hackett, social science, Sacramento; Bertram Graves, chemistry, North Highlands, and Glenn Boatley, business, Carmichael.

Each will receive from 20 to 80 per cent of the cost of tuition at their four-year schools, depending on financial need. Corona and Graves plan to attend UC Davis next year, while Hackett will attend California State University at Sacramento, and Boatley UC Berkeley.

The four were nominated for the scholarships by the ARC Financial Aids office.

Sac Hi Students Desire To Aid Oak Park

There are very few people who don't fondly recall their teenage years. They were years depending upon the period, when life was "good," no concerns with mortgage payments, auto loans or who was going to pay the doctor bills.

If you grew up during the 50's, chances are you hung out at the hamburger stands or movie theatres or spent hours on the telephone making small talk.

If you spent your teenage years in the 60's, then you probably smoked "grass," got high, dropped out and turned on; grew long hair, shouted Black power, and prided yourself on how many Black heroes you could name in one minute or less.

How quickly the time goes by.

Now, in the 70's, there is no Vietnam protest, Stokely Carmichael has moved to Africa, Rap Brown is in jail, McDonalds has replaced the corner hamburger stand, and even the average elementary school student can name a dozen Black heroes in 30 seconds - half of what it took you.

The radicalism of the 60's is dead, and the apathy of the 50's has dissolved into social concerns held by many teenagers of the 70's.

Two groups of Sacramento High School students are interested in offering their services to residents of the Oak Park community, but unfortunately, they are suffering from a "bad" public relation image established by students of the 60's and early 70's.

Sacramento Pride and Fashion, headed by faculty advisor, Frank Withrow, is one group who would like to do something constructive within the community.

United Black Souls headed by faculty

(Continued on Page F-2)

Students Desire To Help...

(Continued from Page F-1)

advisor, Charles Barney is another student group willing to offer assistance to worthwhile community concerns.

United Black Souls, formerly the Black Student Association, at Sacramento High School, suffers the most from impressions left by militant students of the 60's.

Sacramento Pride and Fashion is a "student collective" comprised of students interested in fashion design, modeling, art and poetry.

One of the interesting aspects of the two groups is their association organizations. Students involved with Pride and Fashion, are also members of United Black Souls, in many cases.

According to United Black Souls, president Terry Maggard, a senior there, are about 40 hard-core members. "By hard-core," he explained, "I mean people who are willing to do something constructive when it comes time to do it."

Many students suffer from apathy according to Maggard. "They just don't want to do anything constructive and they won't support anybody who is truly trying to do something constructive."

Parent support is another problem confronting the group. 15-year-old Tina Johnson, stated that many parents have taken an active part in programs sponsored by the groups, but parent participation left much to be desired.

"We get parents who use what time they have. Some come to the school during their lunch hour to help us with some projects, but many just don't come around regardless of what we do."

Miss Johnson is interested in Clothing Design, and hopes to make a career of it following graduation.

Pride and Fashion, has participated in several community service projects recently. During the holiday season last year, they sponsored a pre-Christmas food drive and a Thanksgiving food drive. The purpose of both functions was to raise food for needy residents of the Oak Park community.

Both functions had their short comings. The number one problem being lack of community support.

"People don't want to associate anything good about Sacramento High School. Many people think all we do is riot and smoke dope and that simply is not the true situation," said Maggard.

Advisor Withrow, summed up the problem as being one which could only be solved with hard work and dedication.

"We know that the school suffers from a negative public relations image, and we know that we have hard work ahead of us to correct this situation," said Withrow pointing to several programs aimed at establishing creditability.

In the near future, depending upon financial matters, the students hope to take several bus loads of Oak Park youngsters to Santa Cruz.

"We want to take them, because you would be surprised at the number of kids who have never been out of Sacramento in their whole lives," said Miss Johnson.

The students also want to aid elderly Oak Park residents who cannot do for themselves, things which are normally taken for granted by younger people.

"You know there are an awful lot of old people in Oak Park. Many of them can't go to the store for themselves and some of them just need somebody to talk to every now and then," said Miss Johnson.

"We want to do a lot of things for the community. Positive things which could mean a lot to all of us," stated Maggard.

OUTREACH SESSION

Several members of a group of Del Paso Heights area women, discuss jobs and training with an American River College counselor in an "Outreach" session at the Del Paso Christian Center. Pictures, are, from left, Alice Neal, ARC Counselor, Esther Nelson, Shirley Wells, Mary Smith, Lela Patterson and Edith Fickes. The group meets at 10:30 a.m. every Thursday at the Del Paso Center.

'Outreach'— Ideas For Change Is Working

"Outreach," is the way people from American River College explore job opportunities and training with people in Sacramento-area communities. And it is working.

Counselors Esther Nelson, and Mary Lou Neasham meet at 10:30 a.m., every Thursday with adults - mostly women - of the Del Paso Heights area at the Del Paso Christian Center, 1445 Nogales Street. Most of the people who attend the informal gatherings are women whose family and job responsibilities make it hard for them to attend school.

"We find that one or two hours away from home can be really good for a woman," said Mrs. Nelson. "We're not telling them what they should be doing, but we find out what they'd like to do, and see if we can help them toward that end."

A Vocational Survey class is being planned for next fall. An exploration of job opportunities and how to receive training, it will be held at the Del Paso center, and will augment the Outreach currently underway.

ARC will hold a Career Information Day, May 8 from 9 a.m., to 1 p.m., with more than 50 local area employers available for information on jobs.

Child care at the Del Paso Christian Center, is available to people in that area who would like to attend.

More information on Outreach and the planned Vocational Survey class, is available by calling the ARC Counseling Center, at 484-8374.

Four other communities are also involved in the growing ARC Outreach including a parent group in Rio Linda, and adult groups in North Sacramento and Rancho Cordova.

R.O.P.'s Learning Program For Youth...

(Continued from Page F-1)

be evident.

Career counselors of ROP provide on-going counseling services to students in the high schools participating in ROP. Many students participating were told about the program by the counselors or by friends.

Students spend half of each day in the ROP. The other half day is spent in the regular school program taking the required courses for graduation and participating in the activities of the high school student.

The broad category of occupational training available include, agri-business and Natural Resource Occupations, Construction, Health, Environmental Control, marketing and distribution, hospitality and recreation, transportation, business and office, manufacturing, service, and communications and media occupations.

What about success? Most students who have participated in ROP agree that their training was very good, if not excellent. Most training categories can boast a high placement rate. Long distance and directory assistance training programs claims 100 per cent placement.

"Pacific Telephone Company promised to hire all the students we trained," Evelyn Thompson, ROP instructor at McClatchy High School commented.

ROP is supported from state school apportionments. The project is administered by the Sacramento County Superintendent of Schools under the jurisdiction of the Sacramento County Board of Education.

Administration of the program is guided by a steering committee whose membership represents participant school districts, industries and the vocational education section of the State Department of Education.

Caution

Against Water

Hazards

WASHINGTON, D. C. - Early-season boatmen and fishermen were warned by the American Red Cross that open waters are still cold, despite warm weather, and can be killers if one falls into them.

Many early spring drownings are caused by sudden immersion in cold water, Edmond Mongeon, national director of Red Cross water safety, said.

"The water has a numbing effect, preventing the victim from getting to shore quickly. In many areas of the country, rivers, lakes and ocean waters do not warm up until early June. Even expert swimmers can drown if near-icy water makes them immobile."

Fatal cooling of the body is more apt to occur in water than in air, Mongeon explained, because wetting rapidly decreases the insulating effect of clothing. Loss of body heat occurs at two to four times the rate in air, he said.

Mongeon advised that users of open waters in early spring wear two or three suits of thermal underwear as well as other suitably warm clothing. Suits such as those worn by scuba divers can be protective if the boatmen and fishermen falls into the cold water.

HAND-IN-HAND

Original music to memorialize Dr. Martin Luther King was commissioned by Gulf Oil Corporation as part of Pittsburgh, Pa.'s week-long Martin Luther King Week arranged by Hand-In-Hand, Inc., a group of community leaders dedicated to raise funds for the Martin Luther King Foundation and scholarships for the underprivileged. Left to right, Nathan Davis, associate professor of music at the University of Pittsburgh who composed the music and led a big band that performed it; Mrs. Alfrieda Tyson, president of Hand-In-Hand; Brenda Joyce of Gulf who performed as a vocalist and two narrators Bill Powell of WAMO-Radio and Don Henderson, assistant provost at the University of Pittsburgh.

Robbery, A Misunderstood Crime

Robbery is probably one of the most talked about and feared crimes, and also one of the most misunderstood, according to a recently released report by the Center on the Administration of Criminal Justice at the University of California, Davis.

The report, five volumes and over 1,000 pages, contains the results of a three-year study of robbery in Oakland, Calif., by law professor Floyd Feeney; Center associates, Adrianne Weir and Susan Wilcox; and a team of students and consultants.

The co-directors of the Center and UCD law professor Edward Barrett Jr., and Institute of Governmental Affairs Director Lloyd Musolf.

The massive effort, the most comprehensive look at robbery ever published, is titled "The Prevention and Control of Robbery."

"Robbery," according to Feeney, "Involves muggings, yokings, stickups and other ways in which criminals seek to take property face to face by the use of force or fear. It does not include burglary, which is a different type of crime, altogether."

The study looks at the crime from every conceivable facet - the robber, the victim, the police, location, time of day, the history of robbery and so on.

"The study is primarily concerned with describing the patterns of robbery and purses-snatches in a single American city - Oakland," Feeney says. "We had the full cooperation of the criminal justice agencies in that city."

But during the course of the study, Feeney and his associates made contact with over 20 major police departments, district attorneys' offices and courts throughout the country. They also conducted extensive interviews with individual victims, offenders, policemen and other officials.

"The study does not purport to answer all the many basic questions about robbery, but it does contain a great many important findings."

Among them:

- The picture of robbery is enormously different from what has been generally assumed. The variance within the city, for example, is particularly great. In a three-year period in which the robbery rate in Oakland was one of the highest in the country, two - thirds of the half-block sized areas in the city had no robberies or purse-snatches at all. Thus, for many parts of the city, robbery was a rare event.

- On the other hand, 25 per cent of the robberies and purse-snatches occurred in 4 per cent of the half-block sized areas in the city, and over 50 per cent along 36 major streets.

- While some view the robber as bold and fearless, in fact many robbers prey heavily on the old and weak. More than one-third of the non-commercial robberies and purse-snatches involving females involved victims 65 or older, and more than half involved victims over 55.

- Most robbery suspects are caught as the result of immediate action by citizens or the police. Detectives and follow-up investigations are rarely as important to the apprehension process as is commonly thought.

"We found that the role of the detective in solving robberies needs to be re-evaluated," Feeney said. "Investigating robberies after the fact is often fruitless because few robbers are caught that way.

"While there is the possibility that more rational allocation of priorities, new investigative techniques or other alterations in methods of detective operation might produce significantly different results, this can come about only if the problem of detective effectiveness is recognized and addressed."

The report also noted that the typical robber was an unemployed young man who needed money. His victim, if male, was often in a late hour bar or prostitution district. Female victims were more widely dispersed, with most robberies taking place in or near shopping areas, along major thoroughfares, and during the daylight or early morning hours.

November and December showed a particularly high incidence of robberies against females.

What should you do if you find yourself confronted by a robber?

"By all means don't resist," Feeney said. "It's far more likely to be harmful than helpful.

Law Day

Essay Contest

The Barristers Club of Sacramento is sponsoring its annual essay contest in connection with Law Day, USA, with separate high school and intermediate school competitions. Sacramento area schools are encouraged to send in up to five student essay entries for consideration.

The topic for this year's contest is: "What Would Your Life Be Like Without The Bill of Rights?"

The essay may not exceed 1,000 words and must be submitted to the contest chairman, Vince Jacobs, at 809 J Street, Sacramento, Calif. 95814 by April 26, 1974.

Prizes are awarded to the winners in each of the high school and intermediate school competitions. In each category, the first place prize is a $75 US Savings Bond, and the third place prize is a $25 US Savings Bond.

The winners will be recognized and presented their awards at the Law Day Banquet on May 1st.

Price Controls End...Safeway Values Continue

Although the objectives were worthy, everyone now knows that price controls simply did not work exactly as hoped. Instead, they interfered seriously with food production and marketing. Many shortages developed and prices increased. Now, with controls off, and the food business again operating in its normal, freely competitive manner, supply and demand should start to come into balance. Because some foods take longer to produce than others, not everything will become plentiful at the same time. Meanwhile, we will continue to do everything within our power to give you the kind of values you expect to find at Safeway.

We pledge that in our store near your home, you will continue to find quality foods, priced to save you money. We look forward to more abundant supplies of foods and the opportunity to give our customers even better values.

Since we're neighbors let's be friends

GARDEN FRESH PRODUCE

California Beautiful, Ripe
STRAWBERRIES
4 12-oz. Baskets $1

LUCERNE Cream Topping 6½-oz. Can 55c

Mustard Greens ...2 Bunches 39c
Sunkist Lemons .....3 for 39c
Kim Chee Pickled Cabbage ..... Pint Jar 99c
Orange Juice Safeway ..... ½-Gal. Bottle $1.09
Noodles Fresh Chinese or Japanese ..... 16-oz. Bag 47c
Fresh Rhubarb ..... Lb. 29c
Yellow Onions .....3 Lb. Bag 39c
Tender Carrots .....2 Lb. Bag 35c

Shady Oak Mushrooms
A must with Steak **Lb. 79c**

Martha Washington Geraniums
Pelargoniums in 4-Inch Pots **Each 89c**

FROZEN FOOD FAVORITES

Scotch Treat
ORANGE JUICE
100% Pure From Florida
5 (12-oz. 39c) 6-oz. Cans $1

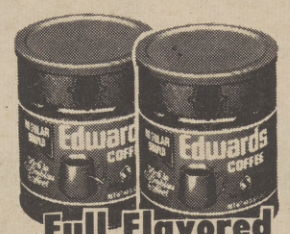
Green Beans Bel-air – Italian ..... 9-oz. Pkg. 31c
Green Beans Bel-air – French Cut ... 20-oz. Bag 59c
Corn on Cob Bel-air ..... Bag of 4 57c
Strawberries Scotch-Treat – Slcd. .. 10-oz. Pkg. 39c
Pizza Bel-air – Sausage, Pepperoni or Deluxe ..... 16-oz. Pkg. $1.19
Pie Crust Bel-air – Shells .....2 8-inch Shells 49c

SAFEWAY Bake Shop

Dreamy, Luscious
Fresh Strawberry CREAM PIE
Everybody's Favorite! **EACH $1.79**

Cake Donuts Apple-sauce ...6 for 59c
Coffee Cake Almond .... Each 99c
French Bread Fresh Baked ..3 16-oz. Loaves $1
Banana Nut Loaf 2 for 99c

(Available only on stores with Bake Shop)



Full Flavored
2-Lb Coffee
Edward's 2-Lb. Can **$2.03**

Ice Cream IMITATION Joyett ..... ½-Gal. Carton 59c
Potato Bread Mrs. Wright's ..2 24-oz. Loaves 79c
Pancake Mix Covered Wagon – Buttermilk ..... 32-oz. Pkg. 59c
Lucerne Salad Gelatin & Vegetable ... 15-oz. Carton 49c
Potato Salad Lucerne ..... 32-oz. Carton 89c

SuPurb Blue Detergent
For Laundry 49-oz. Pkg. **59c**

Chunk Tuna Carnation – Light Meat ..... 6½-oz. Can 49c
Rice-A-Roni Golden Grain – Assorted ..... 6-oz. Pkg. 33c
Fantastik Spray Cleaner ..... 22-oz. Bottle 82c
Detergent New Ajax ..... 5-Lb., 4-oz. Pkg. $1.26
Serving Tray Jumbo 19-inch .... Each $1.19

Serving Suggestion
Grade AA Med. Eggs
Cream O' the Crop (Med. – 59c) (Ex. Lg. – 61c) Dozen Carton **49c**

Skim Milk Lucerne – Non Fat ..... ½-Gal. Carton 61c
Coffee Taster's Choice Decaf – (8-oz Jar – $2.39) ..... 4-oz. Jar $1.44
Pancake Mix Betty Crocker – Complete ..... 40-oz. Pkg. 91c
Margarine Mrs. Filberts – Soft Gold .....2 8-oz. Cartons 65c
Hi-C Drinks 6 Fruit Flavors ..... 46-oz. Can 43c

Palmolive Liquid Detergent
For Dishes 12-oz. Bottle **32c**

Photo Album Sturdy & Attractive ... Each $1.69
Aspirin Tablets Safeway – Buffered .. Bottle of 100 49c
Excedrin Headache Relief Tablets ..... Bottle of 36 69c
Alka Seltzer Fast Relief ..... Pkg. of 36 $1.19
Toothpaste Aim – Family Size ..... 6.4-oz. Tube 89c

Kleenex Teri Towels
2-60-Sheet Rolls **79c**

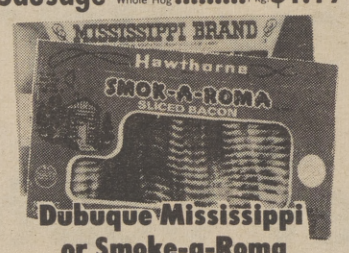
Biscuits Pillsbury – Buttermilk, Country Style, or Ex. Lt. ..... 8-oz. Tube 16c
Egg Substitute Second Nature .... 16-oz. Carton 89c
Cream Cheese Kraft – Philadelphia ..... 8-oz. Pkg. 55c
MJB Rice Mix ..... 6-oz. Pkg. 34c
BBQ Sauce Kraft – Reg. or Hickory .... 18-oz. Bottle 39c

Pampers Disposable Diapers
(Newborn – $1.49 Daytime) Pkg. of 30 **$1.79**

Spic & Span Household Cleaner ..... 54-oz. Pkg. 89c
Fab. Softener Downy .... 64-oz. Bottle $1.62
Food Wrap Stretch-N-Seal – Plastic ..... 100-Ft. Roll 72c
Storage Bags Baggies – Plastic ..... Pkg. of 50 58c
Dog Food Pooch ..... 15½-oz. Can 14c

Beef Chuck Blade Roast
USDA Choice **Lb. 78c**

T-Bone Steak or Porterhouse – USDA Choice ... Lb. $1.98
Tip Steak Beef Round – USDA Choice ..... Lb. $1.99
7-Bone Roast Beef Chuck – USDA Choice ... Lb. 94c
Sausage Safeway – Pork, Whole Hog ..... 1-Lb. Pkg. $1.19



Dubuque Mississippi or Smoke-a-Roma
Sliced Bacon
Your Choice! 1-Lb. Pkg. **79c**

Any Size Package
Regular Ground Beef
Lb. 95c

Sliced Salami Galileo .. 6-oz. Pkg. $1.24
Salami Chub Galileo .... 8-oz. Pkg. $1.44
Fish Sticks Pre-Cooked ..... Lb. 99c
Sausage Patties Tennessee Pride .... 12-oz. Pkg. 99c

NEW UNIFORM MEAT IDENTITY PROGRAM AT SAFEWAY

You'll notice changes in some of the names on meat labels in our cases. We have adopted a new program under which meat retailers will use uniform names for the different cuts of meat they sell. In addition to helping you identify cuts, the plan also aids in selecting proper cooking methods. If, for example, the label shows a cut to be a steak or roast from Beef Loin or Beef Rib, dry heat cooking methods such as roasting, broiling, and frying are recommended. For most other beef, moist cooking methods such as braising or cooking in liquid are recommended. Some tender cuts of beef not marked Loin or Rib may be cooked with dry heat but it is best to check your cookbook on these.

Beef Top Sirloin Steak
USDA Choice **Lb. $1.89**

Chicken Parts Foster Farms – Breasts & Thighs Lb. 89c
Chicken Wings Foster Farms (Drums-Lb. 79c) Lb. 59c
Sliced Bacon Rath Brand ..... 1-Lb. Pkg. 99c
Chipped Meat Leo's – Beef or Ham ..... 3-oz. Pkg. 49c

Serving Suggestion

Grade "A" Game Hens
Medallion 20-oz. Net Wgt. **Each 88c**

Prices Effective Today thru Sat., April 27. in SACRAMENTO

SAFEWAY

NO SALE TO DEALERS OR FOR RESALE

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Monterrey Stoneware
THIS WEEK FEATURING:
Bread & Butter PLATE..... Each 59c
Set of 4 Luncheon/Salad Plates $3.99

California Living-- Trout And Brandy

Trout is truly an epicurean treat, served hot or cold with a tangy sauce, mellowed with a hint of light California Brandy. The steaming, poaching liquid gives a forecast of the fruity flavor being imparted to the fish. If you're planning to serve the fish hot, you'll want to have all your ingredients assembled for your parsley-butter sauce, since the trout cooks in a fast six minutes.

If it's chilled trout you have on your menu, put the brandy remoulade sauce together before you poach the fish. Set it into the refrigerator, then do the poaching. In either case, as soon as you remove the trout from the hot liquid, be ready with a thin-blade knife to lift the skin gently from the flesh.

For true elegance and a special form of courtesy for the diners, remove the bones, too.

This is remarkably easy to do. All it takes is a steady hand and a gentle touch. Start by slipping the thin-bladed knife between the backbone and the meat of the fish. Carefully draw the knife the length of the body and lift off the top half of the fish. Loosen the bones at the tail end of the fish, pull up, and lift out the spine. The bones will come right along with it. Then place the two halves of the fish back together to restore the appearance of a plump - white-fleshed trout.

With the hot trout on a heated platter, pass thick, hot parsley-butter sauce. With the cold fish, on well-chilled serving dishes, pass the brandy remoulade sauce, a delicate combination of light brandy, minced onion, mayonnaise and parsley, with a tantalizing touch of mustard, crumbled tarragon and garlic.

Hot or cold, the traditional accompaniment is a salad of fresh fruit and a tray of golden, hot cornmeal muffins. For a beverage? A bubbling mix of fruit juices, brandy and soda that provides a tangy, tingling tribute to your piscatorial triumph!

BRANCY POACHED TROUT

5 or 6 trout (10 to 12 inches, about 3 lbs.)
3/4 cup California Brandy
1 cup water
1/4 cup white wine vinegar
1 teaspoon salt
1 small onion, sliced
1 bay leaf
1 teaspoon whole allspice
Brandy Remoulade Sauce, or Hot Parsley-Butter sauce
Lemon and lime slices or wedges

Remove heads and fins from trout. Bring brandy, water,

(Continued on Page F-9)

The Sacramento Observer WEEKLY Food SECTION

A LITTLE NAGGING CAN BOOST YOUR HEALTH

It was just downright wifely nagging that got him into the doctor's office. Pete felt fine -- always. Never sick. So what if he had a little paunch now that he was 37, and that he'd let up on active sports in favor of a beer and TV after a hard day's work. He didn't really need to go to the doctor, but his wife...

Actually the doctor didn't find much wrong. Blood pressure a little high. A little overweight. Well, yes, his father had died of a heart attack at 53. The doctor gave him a diet to get rid of a few pounds. Urged him to cut down on salt and cigarettes. Encouraged regular exercise, even walking. And he gave him some convincing reasons for following the advice. He'll decide about pills for the blood pressure after another visit.

Pete's story has no dramatic element. It may even sound a little dreary -- or perhaps too familiar for comfort. But Pete's visit to the doctor for a routine physical examination could have had a profound meaning for his future.

His examination had indeed revealed a tendency toward hypertension which if unchecked could have increased Pete's risk of heart attack, kidney failure or stroke.

A regular physical examination is a responsibility most parents assume for their children, often with a reminder from the schools. In fact, in late summer doctors' offices and clinics are busy with physicals for children. But adults often neglect their own health -- until crisis comes.

The fact is that medical science has moved ahead with new ways to find illness or chronic health problems at early stages, even when you have no symptoms. Often cures are possible before the illness becomes serious; sometimes it is a matter of keeping a problem under control so that it never reaches crisis proportions.

The remedies may be as simple as Pete's. By taking up tennis again and watching his diet, he's already taken up one notch on his belt. By taking the blood pressure pills the doctor later recommended, he has had two subsequent blood pressure readings that are nearly down to normal. Of course, there is good news at a physical, too.

Pete knows he has no signs of cancer, glaucoma, diabetes, or TB. His vision, lungs, blood count, heartbeat and cholesterol levels are fine. There is no guarantee against sudden onset of serious illness, but Pete's chances of long and healthy life are better now than during those years he failed to see a doctor.

The federal government suggests these elements as essential in health maintenance examinations for its own employees:

1. A medical history -- your past illnesses or injuries, your family's history to reveal any hereditary problems to look for, your own health habits such as diet, exercise, drinking and smoking, your work.

2. Special tests, some of which may be performed in a laboratory: chest x-ray; urinalysis; electrocardiogram; blood tests for blood count, syphillis, cholesterol, blood sugar, etc.; eye test for glaucoma and vision.

3. An inspection of major body systems for physical or functional abnormalities. This should include taking pulse, temperature and blood pressure; looking into your eyes; inspecting ears, mouth and throat, observing hearing, breathing, etc.; checking your neck, noting the thyroid gland and blood vessels; listening for heart and breath sounds with a stethoscope and thumping your chest front and back to note the size and position of the heart and the lung condition; testing nerve reflex with a rubber hammer; rectal examination and, in women, cervical (including Pap smear) and breast examination -- the latter three being common cancer sites.

4. Sitting down with you to tell you what he's found and what you should do to improve your health if necessary.

These are the basic elements you should expect at a physical as suggested by the HEW Federal Health Programs service, a component of the Health Services and Mental Health Administration.

You'll feel better just for getting this clear picture of your health regularly -- once a year if you're over 35. How long since you've had a physical?

Consumer

by CLOVES

Debt Pooling

Or Consolidation

CALIFORNIA FAIR PLAN INSURANCE

The California FAIR Plan is an association of all property insurance companies certified to do business in California. Established under State law, the Association, in cooperation with the State of California, provides insurance coverage to responsible applicants who have been unable to secure fire and crime insurance for their business or residence in the normal market.

12 INCH DIAL THERMOMETER

12 INCH DIAMETER SIZE WHITE FACE WITH BOLD BLACK NUMERALS AND GRADUATIONS RED NEEDLE POINTER CAN BE READ AT DISTANCE EXTREMELY ACCURATE WEATHER PROOFED DIAL WITH ENTIRE ASSEMBLY ENCASED IN ALUMINUM EASILY WALL MOUNTED

$3.97 COMPARE $9.95

PENNY, NICKLE, DIME, DOLLAR OTHERS
3 IN REPLICA METAL COINS 88¢

JULIETTE WITH TWO SIZE JACKS
MONO STEREO HEADPHONES $2.37 LIST $7.50

BLANKS FOR YOUR RECORDING
CASSETTE 90 MIN. TAPE 37¢ COMP $1.19

MACHINE WASHABLE ACETATE
LADIES & GIRLS BIKINI PANTIES 37¢ COMP 98¢

ASST COLORS & SIZES BY CRESLAN
MENS & BOYS STRETCH SOX 57¢ LIST $1.00

PLASTIC HOT OR COLD 4 PACK
BEVERAGE TUMBLERS 37¢ COMP 79

SPATTER SCREEN SEEN ON TV
HOUSEHOLD SPATA-STOP 77¢ LIST $2.98

FREE TOOTHBRUSH INCLUDED
COLGATE 7-OZ. TUBE TOOTHPASTE 88¢ COMP $1.18

STAINLESS STEEL 5 PACK
WILKINSON'S RAZOR BLADES 33¢ LIST 79

2 BIG LOCATIONS
• DEWEY DRIVE AT MADISON AVE.
• FLORIN ROAD NEAR FREEPORT BLVD.

FLOWER AND GARDEN BOOK CHAPTER 7 FERNS PLAMS FOLIAGE PLANTS
HOME REPAIR HANDY BOOK CHAPTER 7 FLOORS AND STAIRWAYS
3-RING BINDER
EACH 39¢ EACH 99¢

SACTO SOLONS JUNIOR BOOSTER FREE SEASON PASS DRAWING
FOR 16 YEARS OR UNDER GOOD FOR 60 HOME GAMES
REGISTER NOW AT BEL AIR EACH STORE WILL AWARD ONE PASS MAY 1, 1974

BEL AIR FAMOUS SMOKED TURKEY LB. $1.24 REAL FLAVOR TREAT

HORMEL FULLY COOKED SMOKED SPARE RIBS LB. 78¢ EVERYONES FAVORITE

HIGRADE CENTER CUT SMOKED CHOPS LB. $1.58 WATER ADDED

ARMOUR BONELESS SMOKED 1877 HAM LB. $1.28 WATER ADDED

WILSONS CERTIFIED SMOKED CAN HAM 4 lb SIZE CAN $5.98 HICKORY FLAVOR READY TO EAT

VICTOR SM SLIC LB. DELIGH

BEL AIR FEATURES OLD FASHIONE

REG. OR DIET 12 OZ. CAN PEPSI COLA 79¢ SIX PACK	BUMBLE BEE LIGHT CHUNK TUNA 6½ OZ CAN 49¢	SKIPPY CREAMY, CHUNKY PEANUT BUTTER 18 OZ JAR 69¢	6½ OUNCE CAN CALO CAT FOOD 18¢	TIDE FAMILY SIZE DETERGENT $2.65 DEAL PACK
PILLSBURY INSTANT BREAKFAST 6 ENV PACK 56¢	DENNISON WITH BEANS CHILI CON CARNE 15 OZ. CAN 49¢	BEL AIR CUBED 1 LB MARGARINE 43¢	VIVA PAPER TOWELS BIG SIZE ROLL 42¢	DEODORANT REG. SIZE DIAL BAR SOAP EA. 15¢
IMITATION ORANGE JUICE BRIGHT & EARLY FROZEN 12 OZ. CAN 29¢	HEINZ FAMOUS FLAVOR BBQ SAUCE 16 OZ. SIZE 41¢	APPLE, CHERRY, FROZ. SARA LEE PIES $1.49 33 OZ.	KLEENEX ASSORTED FACIAL TISSUE 200 COUNT 35¢	SANITARY NAPKINS MODESS SUPER $1.49 40 COUNT

HILLS BROS. COFFEE	ALL GRINDS 2 LB CAN	$2.07	SPAM LUNCHEON LOAF	SMOKED FLAVOR 12 OZ	95¢
HILLS BROS. COFFEE	ALL GRINDS 3 LB CAN	$2.95	VIENNA SAUSAGES	ARMOUR 5 OZ SIZE	39¢
SWISS MISS COCOA	INSTANT 14 ENV PAK	89¢	LUCCA BEEF RAVIOLI	FROZEN 16 OZ PKG	59¢
APPLE CIDER	TREETOP BRAND FROZEN 16 OZ	59¢	JENO'S SNACK TRAY	FROZEN 7¼ OUNCE	99¢
AUNT JEMIMA WAFFLES	ORIGINAL 10 OZ	49¢	NALLEY SWEET RELISH	12 OZ BOTTLE	35¢
PANCAKE MIX	BETTY CROCKER COMPLETE 40 OZ	86¢	DILL PICKLE HALVES	DEL MONTE KOSHER 22 OZ	49¢
PANCAKE SYRUP	WESTERN FAMILY IMITATION MAPLE 22 OZ	49¢	SEVEN SEAS DRESSING	VIVA ITALIAN SALAD 16 OZ	85¢
BEL AIR FRESH EGGS	GRADE AA EXT LGE	61¢	CRISP N TENDER	BETTY CROCKER 3¾ OUNCE PKG	25¢
BEL AIR FRESH EGGS	GRADE AA LARGE	59¢	LAYER CAKE MIX	BETTY CROCKER 18 OUNCE PKG	49¢
BEL AIR FRESH EGGS	GRADE AA MEDIUM	52¢	PURINA CHUCK WAGON	DOG FOOD 40-LB	$6.49
BEL AIR FRESH BREAD	WHITE OR WHEAT 16 OZ	31¢	CALLO DOG FOOD	REGULAR TALL CAN	20¢
BEL AIR MARGARINE	SOFT 1 LB	49¢	KITTY KARE LITTER	FOR CATS 10 LB SIZE	55¢
SUNSHINE CHEEZE IT	CRACKERS 16 OUNCE PKG	59¢	LYSOL TOILET BOWL	CLEANER 16 OUNCE	47¢
CRISPY CORN CHIPS	GRANNY GOOSE 11 OUNCE PKG	49¢	LYSOL TUB & TILE	CLEANER 17 OUNCE	84¢
BABY SHAMPOO	JOHNSON				
STYLE HAIR SPRAY	REGULAR UNSE				
JERGENS LOTION	FOR 4 OZ T				
POLISH REMOVER					
BRUTE 33 LOTION					
RIGHT GUARD	DE GIL				
MICRIN MOUTHWASH					
ST. JOSEPH ASPIRIN					
TYLENOL TABLETS					
CHOCKS VITAMINS					
NO DOZ TABLETS					
RUBBING ALCOHOL					
BEVERAGE SERVER	PLAST WITH				
TRASH CAN LINERS					

WINES & LIQUORS

LONDON 80 PF QUART BEL AIR DRY GIN	$3.88	LONDON 90 PF ½ GAL GILBEY DRY GIN	$9.99
CLEAR 80 PF HALF GAL BEL AIR VODKA	$7.68	CHAMPAGNE FIFTH JACQUES BONET	$1.99
WHISKEY 86 PF QUART BEL AIR BLEND	$4.38	GAMAY BEAUJOLAIS 5TH CHARLES KRUG	$2.75
WHISKEY BLEND ½ GAL SUNNYBROOK	$9.99	RUBY GOLD PINK CHABLIS ITALIAN SWISS GAL	$2.39
WHISKEY STR 86 PF OLD CROW GAL	$11.49	GALLO HALF GALLON SPANADA WINE	$1.99

FRESH BAKED GOODS

TOPPED WITH NUTS AND MARSHMALLOWS ROCKY ROAD CAKE $2.29 8 INCH 2 LAYER

DELIGHTFULLY FRESH TREAT POUND CAKES 2 FOR $1.19 TWIN PACK

GREAT FOR BREAKFAST OR SNACK CINNAMON TASTY ROLLS 8 FOR 69¢

BEAUTIFUL FLOW

NATIONAL SECRETARIES WEEK APRIL 21 THRU 27
REMEMBER HER AND SHE WILL ALWAYS REMEMBER YOU

3 ROSES CARNATIO IN BUD V

CYMBIDI ORCHID CORSAGE

COLORFU CUT FLOW BOUQUET

• 1919 FRUITRIDGE RD. • 6231 FRUITRIDGE RD. • 1301 FLORIN ROAD • 4320 ARDEN

sumer Review $

BY CLOVES CAMPBELL

A consolidation loan from your credit union can be a quick, easy way to pay off a lot of different bills from a lot of different creditors. You take out a loan to cover your outstanding bills. Each creditor is paid. The loan that's left is the one with your credit union. It can be a good deal. But before you run in to see your loan officer, be sure you understand both the good points and bad points of loan consolidating.

THE GOOD - Consolidating allows you to spread out payment of your bills by reducing the amount you now pay each month to creditors. Let's say you have bills from several department stores, a local service station and a small loan company; the bills amount to $200 a month. After you pay them each month, you have little left for other expenses. You get a consolidation loan to pay off these creditors. You and your credit union decide you can comfortably afford $100 a month. So you

reduce your monthly payments and extend your debts for a longer period of time. Now you'll have money available for other expenses. Jerry Strehl, manager of the Ferndale co-op Credit Union, Ferndale Michigan, expresses the advantages of consolidation this way: "One payment to your credit union allows you to save and to buy other goods on cash rather than on a time-basis." By paying back your credit union instead of a lot of other lenders, you can save interest. The loan from your credit union will cost you 12 per cent a year (a very few credit unions charge more). If you are paying on revoloving charge accounts, the annual interest is probably 18 per cent. Interest rates from other lenders can be much higher. Consolidation loans have also saved many debtors from late payment charges and a bad credit record.

THE BAD - Consolidation loans can spell disaster, as well as success, because you can't borrow yourself out of debt. (Consolidating can give you a reprieve for a second chance). For many debtors, consolidating bills gives a false security. Consolidation ignores the problem unless the credit union can convince a debtor not to repeat his past mistakes. Consolidation is worthless if you start spending all over again. And since your creditors have been paid off by your credit union loan, they'll be encouraging you to indulge yourself. Bankruptcy too often is the result. After paying off the consolidation loan, a good piece of advise is to put a percentage of the money save by consolidation into savings.

And just as consolidation can save you interest, it can also cost you more in interest. Let's say you have a three-year installment loan from a local finance company for new furniture. You've paid on it for a year. On finance company loans (also bank and S & L loans), you usually pay most of the interest off during the first months of the loan. So if you consolidate the loan after a year, you'll be paying interest twice on your furniture: once to the credit union; once to the finance company. Another consideration, if by consolidating you extend for several years the time you're in debt for the furniture, it might be worn out by the time it's paid for.

WHAT TO DO - Your sincerity in getting out of debt is vital if consolidation is to work for you. If after consolidating you're not willing to sacrifice your spending sprees, you will be worse off than before.

CERTIFIED HAM 98 HICKORY FLAVOR TO EAT

VICTOR CENTER CUTS SMOKED SLICE HAM LB $1.58 DELIGHTFUL FLAVOR

VICTOR FULLY COOKED SMOKED HAM SHANK LB 74¢ SHANK PORTION

HORMEL SLAB SMOKED BACON LB 78¢ SLICE AND SAVE

WILSONS CERTIFIED SMOKED SAUSAGE LB $1.38 ITALIAN, POLISH, HAM

ARMOUR BRAND CORNED BEEF LB $1.28 BONELESS BRISKET

HIONED SMOKED AND CURED MEATS

FAMILY SIZE RGENT 2.65 DEAL PACK

T REG. SIZE R SOAP EA. 15¢

NAPKINS S SUPER 1.49 40 COUNT

HEAD & SHOULDERS $1.37 11 OUNCE BOTTLE SUPER SIZE SHAMPOO

USDA CHOICE BEEF CHUCK STEAK LB 98¢

BEL AIR SLICED 2 LB THICK BACON $1.79

USDA CHOICE BEEF RIB STEAK LB $1.68

CHOICE BONELESS POT BEEF ROAST LB $1.38 BRISKET OR HEEL OF ROUND

CHOICE BONELESS TOP ROUND STEAK LB $1.78

FOSTER FARM BREAST, THIGH FRYER PARTS LB 88¢

FRESHLY PICKED AND FULL OF FLAVOR CALIFORNIA STRAWBERRIES 3 FILLED BASKET FOR $1

FLORIDA SWEET FLAVORFUL FRESH CORN 5 FOR 69¢

VINE RIPENED-FAVORITE CHERRY TOMATOES BSKT 35¢

FIRM FLAVORFUL HEADS GREEN CABBAGE LB 9¢

LONG GREEN BURPLESS ENGLISH CUCUMBERS EA 39¢

TART FLAVORED CITRUS FRUIT TANGY KUMQUATS LB 59¢

SOFT OR HARD TOFU PKG 39¢
CHINESE NOODLES PKG 39¢
WONTON DOUGH PKG 59¢

HAMPOO JOHNSON & JOHNSON 18 OUNCE SIZE $1.66
AIR SPRAY REGULAR SUPER HOLD UNSENTED 13 OZ 59¢
LOTION FOR SOFT HANDS 4 OZ TUBE + 2 PAK 88¢
REMOVER CUTEX NAIL 3 OUNCE SIZE 38¢
33 LOTION AFTER SHAVE 7 OUNCE SIZE $2.19
UARD DEODORANT BY GILLETTE 9.3 OZ $1.39
MOUTHWASH 18 OUNCE BOTTLE 87¢
EPH ASPIRIN FOR CHILDREN TWIN PACK 60¢
L TABLETS BOTTLE OF 24 86¢
VITAMINS CHEWABLE PKG OF 60 $2.03
TABLETS STIMULANT PKG OF 15 60¢
G ALCOHOL ISOPROPYL 16 OZ SIZE 31¢
GE SERVER PLASTIC DECANTER WITH LID GALLON 99¢
CAN LINERS 32 GAL SIZE REG PKG 77¢

VEAL CHUCK STEAK FLAVORFUL TENDER LB $1.18
VEAL ROUND STEAK FLAVORFUL TENDER LB $2.88
VEAL X RIB ROAST FLAVORFUL TENDER LB $1.98
FRESH FRYER WINGS FOSTER FARMS LB 58¢
FRESH FRYER DRUMS FOSTER FARMS LB 78¢
FRESH PORK STEAK EASTERN SHOULDER LB 98¢
FRESH SPARE RIBS COUNTRY STYLE LB 88¢
SMOKED HORMEL HAM BONELESS CURE 81 LB $1.98
SMOKED SAUSAGE HORMEL BRAND LB $1.28
SMOKIE LINKS OSCAR MAYER 12 OUNCE PKG $1.08
PORK SAUSAGE JIMMY DEAN 12 OUNCE PKG 78¢
SMOKED SALMON TASTY CHUNKLET LB $2.48
SMO. FINNAN HADDIE FAMOUS FLAVOR LB $1.18
LUNCHEON MEATS BEL AIR 12 OUNCE PKG 98¢

AUTIFUL FLOWERS

NATIONAL CRETARIES EEK APRIL THRU 27 — 3 ROSES OR CARNATIONS IN BUD VASE EA $2.68

REMEMBER AND SHE ALWAYS REMEMBER YOU — CYMBIDIUM ORCHID CORSAGE SINGLE FLOWER $1.48

COLORFUL FRESH CUT FLOWER BOUQUET EA $1.19

GRAND DELICATESSEN
• 1301 FLORIN ROAD • 6231 FRUITRIDGE RD • 4320 ARDEN WAY • 5450 DEWEY DRIVE

MADE RITE LOAF SMOKED BEEF ¼ LB 59¢
CAPRI BOTTOM ROUND PASTRAMI ¼ LB 79¢
HORMEL SMOKED BRAUNSCHWEGER ½ LB 69¢
HOFFMAN SMOKED CHEESE CHEDDAR ½ LB 98¢
ITALIAN STYLE HAM PROSCUITTO ¼ LB $1.09
AUSTRIAN SMOKED CHEESE GRUYERE ½ LB 89¢

BEL AIR SUPER DISCOUNT SUPER MARKETS
The Stores That Care
ADVERTISED FEATURES EFFECTIVE THRU APRIL 30

• 4320 ARDEN WAY • 5450 DEWEY DRIVE • 8101 SUNSET AVE • 5840 SANTA FE WAY

CHICKEN KING

Family size
Single orders
Bucket-o-chicken
Fish and Prawns

3449 RIO LINDA BLVD
AT NOGALES IN DEL PASO HEIGHTS

TAKE HOME

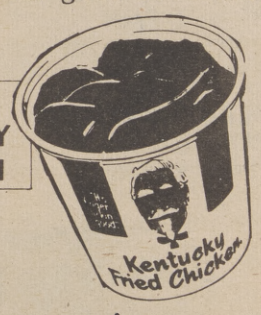
PROBABLY THE BEST FOOD AROUND
PHONE 922-5761

RAY and ADELL ROGERS

"it's finger lickin' good"®

Co-Owners/Managers of Kentucky Fried Chicken, for the past decade, have given their best service to the Sacramento community. RAY and ADELL thank you, and appreciate your good business.

Your Choice:
ORIGINAL or EXTRA CRISPY
KENTUCKY FRIED CHICKEN



COLONEL SANDERS' RECIPE

Kentucky Fried Chicken©

3119 BROADWAY

Lucky
DISCOUNT SUPERMARKETS
WE DISCOUNT EVERYTHING *Except* QUALITY, COURTESY, SERVICE

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10 WAYS TO SAVE AT LUCKY!

PRICES EFFECTIVE WEDNESDAY, APRIL 24th THRU TUESDAY, APRIL 30, 1974.

Prices are Discounted and Single Item Priced except on Fair Traded and Government Controlled Items.

1. LOW EVERYDAY PRICES
2. SINGLE-ITEM PRICING
3. QUALITY LADY LEE FOODS
4. OPEN CODE DATING
5. QUICK CHECK CHECKSTANDS
6. EXCLUSIVE KEY BUYS
7. LUCKY BONDED MEATS
8. EVERY ITEM GUARANTEED
9. FINEST FRESH PRODUCE
10. TOP VARIETY & SELECTION

PLAIN TALK ABOUT GROUND BEEF

Lucky ground beef is carefully prepared to give excellent quality in each of the two types offered.

TYPE	FAT CONTENT OBJECTIVE
Ground Beef	Approx. 25%
Extra Lean Ground Beef	Approx. 16%

Even with the most modern equipment and technology now available it is not possible to guarantee that every package will be at the fat content objective. Despite our best efforts, variances of up to five percentage points may well occur.

Our objective is that a pound of Ground Beef contain approximately 12.0 ounces of lean meat, and that a pound of Extra Lean Ground Beef contain approximately 13.4 ounces of lean meat. Tastes differ respecting the desired degree of leanness, and taste may well determine which type you select. The cost-concious shopper should remember that the cost per ounce of lean m.. it is lower in Ground Beef than in Extra Lean Ground Beef.

Lucky ground beef -- like all meat at Lucky -- carries Lucky's Bond. Lucky Bonded means guaranteed customer satisfaction. If you are not fully satisfied, we will refund your money promptly.

BEEF CHUCK ROAST (7-Bone Roast — LB. 89¢) Blade Roast ..... LB. **78¢**

FRESH FRYERS USDA, Grade A (CUT UP — LB. 48¢) Whole Body ..... LB. **42¢**

BEEF ROUND STEAK Full Cut BONE-IN .... LB. **1.09**

LADY LEE SLICED BACON (THICK 2 lb. pkg. 1.77) 1 lb. Pkg. **89¢**

SMOKED HAM Sugar Cured, Fully Cooked SHANK HALF ..... LB. **79¢** (Butt Portion — LB. 89¢)

BEEF BLEND A blend of beef and hydrated soy protein concentrate .... LB. **75¢**

Beef Round Tip Steaks	lb. 1.59	Beef Chuck Cross Rib Roast	lb. 1.39	Corned Beef Brisket Shenson's Boneless, for oven roasting, Old Fashioned Cure	lb. 1.33
Beef Chuck Steaks	lb. 99¢	Beef Rib Roast Large End	lb. 1.39	Young Turkeys Frozen, USDA, Grade A	
Beef Rib Steaks	lb. 1.79	Ground Beef	lb. 95¢	(Approx. 10-14 lb.)	lb. 59¢
Beef Loin T-Bone Steaks	lb. 1.89	Sliced Bacon RATH Hickory Smoked or Maple	1 lb. pkg. 99¢	(Approx. 16-22 lb.)	lb. 53¢
Beef Loin Porterhouse Steaks	lb. 1.99	Smoked Ham Old Plantation, fully cooked, water added, Boneless	lb. 1.69	Pork Loin Sirloin Roast 3½ to 4 lb., Finest Eastern	lb. 89¢
Beef Loin Sirloin Steaks	lb. 1.79			Fresh Pork Sausage Links	lb. 99¢

ORANGE JUICE FLAV-R-PAC Frozen 'The Real Thing'. . . . 6 oz. Can (12 oz. 43¢) (16 oz. 56¢) **22¢**

CANNED HAM FARMLAND . . . 5 lb. Can **5.89**

LADY LEE BUTTER Grade AA — Cubes . . . . . 1 lb. Pkg. **78¢**

EGGO WAFFLES Frozen . . . . . 20 oz. Pkg. **79¢**

CRANAPPLE JUICE OCEAN SPRAY . . . . . 48 oz. Bottle **88¢**

COCOA MIX SWISS MISS Instant . . . . . 14 oz. Pkg. **95¢**

RIPE OLIVES EARLY CALIFORNIA Medium Pitted. . . . 6 oz. Can **43¢**

CLAMS GORTON'S Minced or Chopped. . . . . 6½ oz. Can **43¢**

BREAD-CEREAL-FLOUR

Harvest Day Bread	Reg. or Sandwich White or Wheat 16 oz. loaf	31¢
Harvest Day Rolls	Dinner — Plain or Sesame, Brown 'n Serve — Crushed Wheat, Clover Leaf, Buttermilk or Flakey Gems pkg. of 12	41¢
Cheerios Cereal	GENERAL MILLS 15 oz. pkg.	75¢
Harvest Day Rolls	Deluxe Gourmet pkg. of 12	41¢
Gold Medal Flour	(Self Rising 1.09) (25 lb. 4.89) 5 lb. bag	1.03

FRUITS & VEGETABLES

Fruit Cocktail	LADY LEE 17 oz. can	32¢
Applesauce	HARVEST DAY 16 oz. can	25¢
Peach Nectar	LIBBY'S — Pkg. of 6 5½ oz. can	77¢
Mandarin Oranges	GEISHA — Segments 11 oz. can	37¢
Bartlett Pear Halves	HARVEST DAY 29 oz. can	51¢
Tomato Sauce	LADY LEE 8 oz. can	11¢
Pork & Beans	VAN CAMP'S 16 oz. can	31¢
Stewed Tomatoes	LADY LEE 16 oz. can	26¢

DAIRY PRODUCTS

Lady Lee Eggs GRADE AA — Dozen Carton
Extra Large 61¢ Large 59¢ Medium 52¢

Cheese Food Spread	KRAFT Velveeta 32 oz. pkg.	1.95
Orange Juice	FOREMOST Blend 48 oz. bottle	75¢
Lady Lee Ice Cream	Assorted Flavors. Flat Carton ½ gallon ctn.	93¢
Allsweet Margarine	Cubes 1 lb. pkg.	49¢

CONDIMENTS & PRESERVES

French Dressing	FRENCHETTE - Lo Calorie 8 oz. bottle	42¢
Peanut Butter	SKIPPY Creamy or Super Chunky Style 18 oz. jar	85¢
Lady Lee Catsup	26 oz. bottle	45¢
Welch's Grape Jelly	32 oz. jar	82¢
Lady Lee Mayonnaise	32 oz. jar	93¢
Sweet Relish	HEINZ 9¾ oz. jar	33¢

COFFEE & TEA

HILLS BROS. COFFEE Regular or Electric Perk Grind . . . . . 2 lb. can **2.05**

Harvest Day Coffee	(3 lb. can 2.83) (1 lb. can 97¢) Regular or Electric Perk Grind 2 lb. can	1.89
Freeze Dried Coffee	HARVEST DAY 4 oz. jar	92¢
Lipton Tea Bags	Pkg. of 48	69¢

FISH & MEATS

Chunk Tuna	CHICKEN OF THE SEA — Light 6½ oz. can	55¢
Beef Raviolis	HOMESTEAD — With Mushroom Gravy 15 oz. can	45¢
Chili With Beans	LADY LEE Regular or Hot 40 oz. can	1.26
Hormel Spam	Luncheon Meat 12 oz. can	95¢
Spaghetti O's	FRANCO AMERICAN 15 oz. can	22¢

LAUNDRY AIDS

Lady Lee Bleach	gallon plastic	41¢
Lysol Cleaner	Deodorant 28 oz. plastic	85¢
Rug Cleaner	GLAMORENE Spray 'N Vac 24 oz. can	1.99
Water Softner	RAIN DROPS 38 oz. pkg.	64¢

DELICATESSEN

Danola Ham	(6 oz. 1.15) Sliced 4 oz. pkg.	78¢
Mozzarella Balls	PRECIOUS (12 oz. pkg. 1.07) 8 oz. pkg.	75¢
Leo's Meats	Sliced Beef, Sliced Ham, Sliced Chicken, Light Turkey Meat, Pastrami or Corned Beef 3 oz. pkg.	47¢
Gallo Salame	(13 oz. 2.15) (Sliced 6 oz. 1.19) 8 oz. chub	1.45
Sliced Smokey Thuringer	SWIFT'S (Sliced Pepperoni 85¢) 4 oz. pkg.	66¢
Beef Bologna	OSCAR MAYER — Sliced (Beef Salami, 8 oz. 84¢) 8 oz. pkg.	73¢
Oscar Mayer Wieners	(Beef Franks 1.16) 16 oz. pkg.	1.14

FROZEN FOODS

Pet Whip Topping	10 oz. plastic	46¢
John's Pizza	Assorted Varieties 15 oz. pkg.	85¢
Bridgford's Bread	Demi Loaf 5¼ oz. pkg.	15¢
T.V. Dinners	SWANSON — Chopped Beef Sirloin or Meat Loaf 10 oz., Turkey or Salisbury Steak 11½ oz. Minute pkg.	65¢
Jones Link Sausage	(10 oz. 1.15) 16 oz. pkg.	1.59
Lucca Mushroom Gravy	7 oz. ctn.	30¢
Turnovers	PEPPERIDGE FARMS Assorted Varieties 12¼ oz. pkg.	68¢
Lucca Ravioli	12 oz. ctn.	61¢

OTHER ITEMS

Wesson Oil	24 o.. bottle	95¢
Schilling Bag-N-Season	Assorted Varieties — For Meat reg. pkg.	38¢
Jello Spoon Candy	Assorted Flavors- reg. pkg.	39¢
Split Pea Soup	ANDERSEN 15 oz. can	33¢
Granulated Sugar	HOLLY 5 lb. bag	1.17
Evaporated Milk	LADY LEE , 13 oz. can	26¢
Lady Lee Shortening	3 lb. can	1.39

BEVERAGES

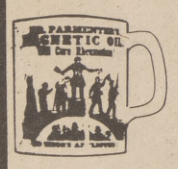
— ALL STORES WITH IN-STORE LIQUOR DEPARTMENTS ONLY —

Harvest Day Beverages	Regular, Assorted Flavors (Case of 24 - 2.83) 12 oz. can	12¢
Old Smugglers Scotch	86 Proof 5th	5.77
Burgermeister Beer	Non-Returnable Glass (Case of 24 - 4.26) 11 oz. bottle	18¢
Red Mountain Wine	Carlos Rossi Burgundy, Vin Rose or Pink Chablis ½ Gallon	1.59
Lucky Vodka	80 Proof — 5th / Qt. / (½ Gal. 7.55)	3.09 / 3.79
Lucky 86 Bourbon	5th / Qt. / (½ Gal. 9.65)	3.99 / 4.98

MITCHUM ANTI-PERSPIRANT Liquid 1 oz. Roll-On or Cream 2 oz. Jar **2.19**

MILK + 6 SHAMPOO & CONDITIONER For Normal Hair . . . . . 8 oz. Bottle **1.39**

LADIES SUMMER SANDALS EACH **88¢**



COFFEE MUG Large 11 oz. "Try it you'll like it", new nostalgic designs. Items listed in order book on New Items list. **74¢** EACH

LARGE LASAGNE ROAST PAN Ideal for large portion baking and roasting. Size 15½" x 10½" x 2¼", Has Teflon II and comes in assorted colors of Avocado, Harvest Gold or Poppy. . . . . EACH **1.99**

BLACK MAGIC PLANT MIX No mixing, ready to use. . . . 4 Quart Pkg. **84¢**

WIPE N' DIPE Vaseline Intensive Care 50 ct. Pkg. **76¢**

FLINTSTONE VITAMINS (With Iron, 60's 1.87) Regular, 60 ct. Bottle **1.59**

STEAMER BASKET No-rust, stainless steel. Retains natural food flavors and vitamins. Folds compactly for easy storage. Fits saucepans from 5½" to 9". EACH **1.99**

TEFLON IRONING BOARD COVER & FLUFTEX PAD **99¢** Fits all standard 54" boards. EACH

MEAT THERMOMETER Valuline by Taylor Oven Proof. Easy reading magni-tube bright calibrated scale. EACH **1.36**

FAN SPRAY NOZZLE With Shut-Off Control. . . . . EACH **99¢**

INDOOR PLANT FOOD . . 16 oz. Pkg. **94¢**

BANANAS FANCY LARGE GOLDEN RIPE . . . . . LB. **14¢**

RHUBARB CRIMSON VARIETY . . . . . LB. **19¢**

SPINACH LARGE GREEN BUNCHES . . . . . BUNCH **15¢**

ARTICHOKES CALIFORNIA GREEN GLOBE . . . . . EACH **19¢**

GRAPEFRUIT . . . . . 8 LB. CELLO BAG **79¢**

6431 Fair Oaks Blvd Carmichael	106601 Folsom Blvd Rancho Cordova	150 Harrison St Auburn	2700 Marconi Ave Sacramento	9105 Kiefer Blvd Sacramento	5937 Watt Ave No. Highlands	110 Broadway Placerville	828 'J' St Marysville	Sunrise Mall Citrus Heights	100 River Rd Tahoe City
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PHYSICAL FITNESS

It is not recommended that one wait until the golden years of life to begin a physical-fitness program, but there are enough senior citizens around who have made remarkable returns to good health to indicate that time spent in body conditioning is a good investment.

Hulda Crooks, 75-year-old grandmother who has climbed 14,496 - foot Mt. Whitney ten times in the past ten years, is one of these people. When she realized that a heavy work and study program had undermined her health, she started jobbing in her backyard. Increasing the distance gradually, in a year, she could jog one mile without stopping. At present, she adds one or two miles of walking each day to her early morning jogging. But the high point of her physical activity is an annual pack trip through the High Sierras to the top of Mt. Whitney.

Another inspiring example of the benefits of exercise is Professor Edwin E. Paget of Raleigh, North Carolina, who has climbed Pike's Peak 546 times since 1919.

When Professor Paget was still in his youthful years, his doctor told him he might not have long to live. The young

HEALTH-WISE

THE SEVENTH-DAY ADVENTIST CHURCH

PHYSICAL FITNESS

by MARY M. DAVIS

Paget determined to escape an early grave. He read health books and decided to start walking.

By gradually increasing his stamina, he began to undertake more ambitious hiking. He read of the scenic beauties of Pike's Peak and in 1919, made his first ascent. In celebration of his 75th birthday, the spry professor set his goal to run alongside the cog railway track to the peak five times!

Lt. Col. Kenneth H. Cooper, MD, whose "aerobic" conditioning program has become well-known, warns that precautions should be taken by those who decide to change their sedentary habits, and that a thorough medical examination is a must. Whether the choice of exercise is walking, jogging, bicycling, or swimming, the time and intensity of the activity should be increased gradually.

Dr. Cooper recommends that people over 50, start with a walking program and work up gradually to jogging, running, or the more strenuous sports. Most people are advised to choose walking, swimming, or stationary cycling.

Besides the obvious physiological value of regular outdoor exercise, there is great psychological benefit in relieving depression, anxiety, tension, nervousness, and insomia. What better way to invest a half hour every day than in a regular program of physical fitness?

THE EXPLORING COOK

by MURIEL JANSEN

If you own a copy of "A Date With a Dish," treasure it. This 1948 first edition gave birth to a new idea - a cookbook of recipies collected exclusively from American Negro sources. The late Freda DeKnight, food and fashion editor of Ebony Magazine, authored the book using much of the material she had written for the magazine. The personal stories about the Black cooks, caterers, railroad chefs, celebrities and others, make the early editions of Mrs. DeKnight's cookbook historically valuable and faccinating reading.

The book is now published as "The Ebony Cookbood" (Johnson Publishing Company, $4.95), and although the same good recipes are in it, I'm sorry to say that the personal notes are gone. The recipes have been updated with oven temperatures and times and other cookery refinements.

Among the recipes I tried from "The Ebony Cookbook," I particularly liked the Pastry for Fried Pies filled with my own fresh apple mixture.

PASTRY FOR FRIED PIES
2 cups unsifted flour
1 teaspoon sugar
1/2 teaspoon salt
Dash nutmeg or mace
1/2 cup shortening
4 to 5 tablespoons cold water
1 teaspoon vinegar
Apple Filling
Oil for deep frying

Stir together in a bowl, flour and sugar, salt and nutmeg. cut in shortening until small lumps form. Add water and vinegar and mix with a fork until blended. Chill 1 hour. Roll thin. Cut into 5-inch circles. Place about 2 tablespoons filling on each circle. Moisten edge; fold over and press edges together. Pour oil in heavy deep pan xilling pan no more than 1/3 full. Heat to 375 degrees.

Fry pies 5 to 7 minutes until golden brown. Drain; sprinkle with sugar. Makes 16.

California Living...

(Continued from Page F-5)

vinegar, salt, onion, bay leaf and allspice to boiling in large skillet. Cover and simmer 2 or 3 minutes. Add trout to hot liquid (cook 3 at a time for easy handling).

Cook, covered, 3 minutes on each side, turning once. Remove fish from cooking liquid and carefully remove skin, using a small thin-bladed knife. Serve cold with Brandy Remoulade Sauce, or hot with Hot Parsley-Butter Sauce. Lemon or lime slices or wedges may accompany trout, if desired. Makes 5 to 6 servings.

NOTE: Fish may be boned before serving, if desired. Slip a thin - bladed knife between backbone and meat of fish, drawing knife length of body.

Carefully lift off top half of fish. Loosen bones at tail end of fish, pull up and lift out bones. Replace two boneless sections of trout together.

BRANDY SPARKLE

1 (6 ounce) can undiluted frozen grapefruit - pineapple juice concentrate
12 ounces California Brandy
1 tray ice cubes
Sparkling water

Stir fruit juice concentrate and Brandy together with ice cubes. Pour into 7 ounce sherbet or champagne glass, filling glasses about 2/3 full. Fill with chilled sparkling water.

BRANDY REMOULADE SAUCE

Combine 1 tablespoon each California Brandy and instant minced onion; let stand 5 minutes. Add 1 cup mayonnaise, 1 teaspoon each prepared mustard and tarragon (crumbled), 1/8 teaspoon minced garlic and 1/4 cup finely chopped parsley. Cover and chill 1 hour or longer. Makes about 1 cup.

HOT PARSLEY BUTTER SAUCE

Stir together 1 tablespoon each cornstarch and vinegar. Combine with 1 cup hot poaching liquid (from cooking trout). Cook, stirring, until sauce boils and thickens. Stir a little hot sauce into 1 beaten egg yolk. Return mixture to remaining hot sauce and cook over low heat 1 minute. Remove from heat and stir in 1 tablespoon each butter and chopped parsley. Makes about 1 cup sauce.

Conserve Energy With Halibut And Spinach

Conserve your energy. Make dinner tonight and use only one skillet. Halibut with Spinach and Mushrooms solves the meat and vegetable problem deliciously. Evaporated Milk keeps the spinach base creamy and flavorful. Serve this colorful dish to your family soon.

HALIBUT WITH SPINACH AND MUSHROOMS
(Makes 4 to 5 servings)

1 medium onion
4 tablespoons butter
2 pkg. (10 oz. each) thawed frozen chopped spinach
4 ounces fresh or 1 can (4 oz.) drained mushroom stems and pieces
1 lb. thawed frozen halibut fillets
1/2 teaspoon salt
1/4 teaspoon crushed thyme leaves
3 tablespoons flour
1 teaspoon salt
2/3 cup undiluted Carnation milk

Cut onion into thin slices. Separate into rings. In medium-sized skillet, saute onion rings in 2 tablespoons butter until tender. Drain spinach. Add spinach and mushrooms to onions. Cut halibut into serving pieces; place on top of spinach. Dot fish with remaining 2 tablespoons butter. Sprinkle with the 1/2 teaspoon salt and thyme. Cover and cook over low heat until fish flakes easily with fork, about 10 minutes. Remove fish. Keep warm. Combine flour, the 1 teaspoon salt and evaporated milk. Stir until smooth. Gradually add to spinach; stir constantly. Cook and stir until thickened. Turn spinach onto serving plate. Top with warm fish fillets.

THE CITY GARDENER

by HENRY C. ANDREWS

MAKING A GARDEN IN CLAY SOIL

Is clay in the soil making it hard to get your garden spot ready to plant? Clay soil can be difficult to work and unresponsive. However, with a little understanding it can be made to grow a good garden. The secret is working it when the moisture content is just right.

Start out with a spading fork. The fork full may come up in chunks that refuse to break down. If so, let them dry out a few days. Then hope a little rain comes along or sprinkle with a fine mist for a little while. The equivalent of 1/4 to 1/2 inch of rain may be enough. Then allow to dry a few hours. Perhaps 12 to 18 hours. Then they should break down when turned over and hit with the back of a spade. This may break the clods down to where they can be worked into a seedbed with a hook hoe or a garden rake.

On the other hand, it may only make smaller clods out of big ones. If so, moisten them again and allow to dry again. After moistening the clods you have to keep checking to see when they are right to work. When too wet, they don't break, they simply get slick on the outside. If allowed to get too dry they won't break down. But, if worked when just right, they can be worked down into a good seedbed.

If this is done with care, a good garden can be grown on clay soils. Once you get an area into tilth you can stay ahead of it by working organic material into it. This can be done in several ways. One is to grow a cover crop of a vigorous rooting plant like rye grass. If your garden area is large enough - you may want to work up a part of it for a garden this summer. Then next fall, plant annual rye grass at the rate of 1 pound per 100 square feet along with some fertilizer and let it grow through the winter.

It would be a good idea to smooth the area out before planting so it can be mowed with a rotary mower. This might not be necessary, but in an open winter the grass might get so tall it would be hard to work. If it is necessary to mow, use a rotary mower set as high as it will go.

Rye grass roots are great to work their way around through the soil in a way that makes it real easy to work up into a garden after is has grown a few months.

For other suggestions on handling clay soils, write Cooperative Agricultural Extension, 9645 Kiefer Blvd., Sacramento, California 95826. Ask for University of California publication OSA-#257 "Managing Clay Soils."

As-Salaam-Alakium

(Peace be unto you)

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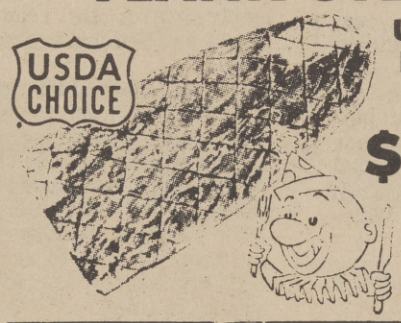

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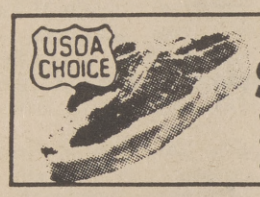

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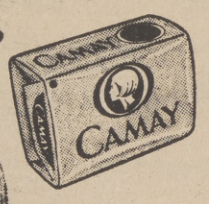

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Energy Saving In The Kitchen

Human ingenuity can defy many restrictions, especially when it comes to energy saving in the kitchen. Make two quiche entrees - enough for two meals in one operation. Save one for later to reheat quickly. This recipe's surprising texture comes from the back-to-nature cereal, Post Grape-Nuts Brand Cereal.

CHEESE AND BACON QUICHE

1/4 lb. bacon slices
1 lightly baked 10-inch pie shell
1 cup thinly sliced onions
1/2 cup Post Grape-Nuts Brand Cereal
3 eggs, slightly beaten
1 cup (1/2 pt.) heavy cream
1 cup milk
1 cup grated Swiss cheese
3/4 teaspoon salt
1/8 teaspoon pepper

Fry bacon until crisp, drain on absorbent paper, and crumble into bottom of pie shell. Saute onions in 2 tablespoons of the bacon drippings until tender and lightly browned. Combine cereal, eggs, cream, milk, cheese, salt, and pepper; stir in onions. Pour into pie shell, and bake at 425 degrees for about 30 minutes or until top is browned and puffed. Garnish with curls of additional cooked bacon, and watercress, if desired. Makes 6 to 8 servings.

BANANA FRITTERS

1/2 cup flour
1/2 cup corn starch
1/4 cup sugar
1 tablespoon baking powder
3/4 teaspoon nutmeg
1 cup mashed ripe bananas
1/4 cup water
1/4 cup corn oil (about)
Peanut Butter Sacue (see below)

Stir together in mixing bowl, flour, corn starch, sugar, baking powder and nutmeg. Stir in bananas and water. Heat about 1 tablespoon corn oil in skillet. Drop fritters by tablespoonfuls into skillet, flattening lightly. Fry until golden brown on each side. (Add additional oil as needed). Drain on absorbent paper. Serve with Peanut Butter Sauce. Makes about 14.

To deep fry fritters: In above recipe, increase flour to 3/4 cup and reduce water to 2 tablespoons. Fry fritters by tablespoonfuls in deep hot corn oil 375 degrees, until evenly browned. Makes about 16.

PEANUT BUTTER SAUCE

Melt 1 tablespoon margarine in small saucepan over medium heat. Mix in 1/4 cup Skippy creamy or super chunk peanut butter. Stir in 1 tablespoon flour, 1/2 teaspoon salt and dash pepper. Gradually stir in 1-1/4 cups milk. Cook, stirring constantly, until mixture comes to boil. Reduce heat, and simmer 1 minute. Serve over banana fritters. Makes 1 cup sauce.

Easy Budgeting Cheese Souffle

Expand your tapioca recipe repertoire with a Cheese Souffle that's easy on the budget. Simple to make with versatile Minute Tapioca, the light, fluffy cheese souffle comes to the table puff perfect.

CHEESE SOUFFLE

3 tablespoons quick-cooking tapioca
1/2 teaspoon salt
1 cup milk
3/4 cup lightly packed grated Cheddar cheese
3 egg yolks, beaten
3 egg whites, stiffly beaten

Combine tapioca, salt, and milk in saucepan; let stand 5 minutes. Cook and stir over medium heat until mixture comes to a boil. Remove from heat. Add cheese, stirring until melted. Cool slightly and add mixture to beaten egg yolks; mix well. Fold into beaten egg whites. Pour into 1-1/2 quart baking dish; place dish in pan of hot water. Bake at 350 degrees, for 50 minutes; or until firm. Makes 4 to 5 servings.

NOTE: To bake in custard cups, bake at 350 degrees, for 30 minutes, or until firm.

Quiche Lorraine

A quiche is a savory onion flavored cheese-custard pie. In Lorraine, France, bits of crisp bacon are added.

QUICHE LORRAINE

1 cup sifted flour
1/4 cup plus 1 tablespoon Argo corn starch
1/2 teaspoon salt
1/4 cup margarine
1 egg yolk and 2 whole eggs
3 tablespoons cold water
1 cup dairy sour cream
1 cup finely chopped Swiss cheese (1/4 lb.)
6 slices cooked bacon, finely crumbled
1/3 cup finely chopped onion
Dash paprika (optional)

Mix together, flour, 1/4 cup corn starch and salt in a bowl. Cut in margarine until fine crumbs form. Beat egg yolk and water together; sprinkle over flour mixture while tossing to blend well. Press dough firmly into ball. (If mixture seems crumbly, work until it will hold together). Roll out to 12-inch circle on lightly floured surface. Fit loosely into a 9-inch metal or ceramic quiche pan or pie pan. Trim edge. For filling, mix together sour cream, the 2 whole eggs and remaining 1 tablespoon corn starch. Stir until blended. Stir in cheese, bacon and onion. Pour into unbaked pastry shell. Sprinkle with paprika. Bake in a 375 degree oven 35 to 40 minutes or until knife inserted in center comes out clean. (Bake on shelf below center of oven).

TRY THIS TASTY EUROPEAN FAVORITE

Whether it's the first catch of the season or fillets from the market, small fish are extra delicious when batter coated before frying.

Beer Batter, a European favorite, is especially good. The beer gives delicious gourmet flavor and the use of corn starch along with the flour, helps to produce an especially light, delicate crust.

To fry batter coated fish, pour corn oil into a heavy, sturdy, flat bottomed saucepan or deep fryer, filling utensil no more than 1/3 full. Heat over medium heat to 375 degrees. Carefully add coated fish in a single layer. Fry 1 to 4 minutes until golden brown.

Turn if necessary. Fish is done when it flakes easily with a fork.

If more fish than needed for one meal is available, it can be fried and frozen. Reheat in a 350 degree oven.

BEER BATTER

3/4 cup sifted flour
1/4 cup cornstarch
1 egg, separated
1 cup beer, room temperature

Sift flour and corn starch together into bowl. Stir egg yolk with beer. Mix into dry ingredients. Let stand 1 hour. Beat egg white until soft peaks form when beater is raised. Fold into batter until mixture is smooth. Makes 2 cups batter.

COUNTRY RAISIN GINGERSNAPS

A profitable bake sale takes good planning, organization and professional selling techniques.

"Bake Sales Are For Raisin Money" is a new 16-page booklet that's been written by the home economists at the California Raisin Advisory Board to give you hints on everything from basic organization to publicity, creative packaging and food safety. In addition this bake sale guide contains a selection of delicious recipes designed to delight any bake sale customer.

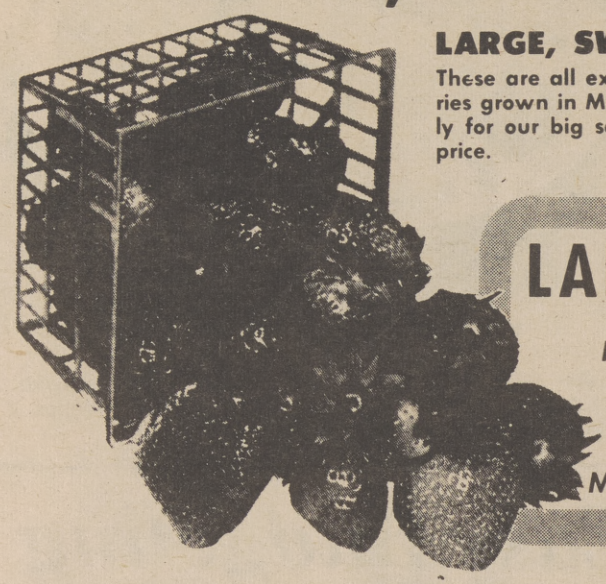
COUNTRY RAISIN GINGERSNAPS

3/4 cup shortening
1 cup sugar
1 egg
1/4 cup molasses
2-1/4 cups sifted flour
2 teaspoons soda
1 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cinnamon
1/4 teaspoon cloves
1-1/2 cups California raisins, chopped
Sugar

Beat together shortening, sugar and egg. Blend in molasses. Sift together flour, soda, salt and spices; blend into creamed mixture. Mix in raisins. Chill dough. Shape dough into small balls and roll in sugar. Place on lightly greased baking sheet. Bake at 375 degrees 8 to 10 minutes. Remove to cooling rack.

Makes about 3 dozen cookies.

SWEET, RED-RIPE STRAWBERRIES



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COOKIES	Nabisco 16 oz. Nutter Butter	69¢
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The king of the roasts, tender, luscious and juicy.

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HI-C DRINK	Orange 12 oz. Reg. 15c	14¢
SAND. LOAF	Sandwich Bilt More 12 oz. Reg. 57c	53¢
CHUNK TUNA	Bumble Bee No. 1½ can Reg. 55c	52¢
SOLID TUNA	Chic-O-Sea White No. ½ can Reg. 71c	67¢
DINNERS	Schillings Pkg. Reg. 47c	41¢
ROMAN MEAL	Instant 25 oz. Reg. 65c	60¢
CUKE CHIPS	Del Monte 15 oz. Sweet. Reg. 41c	36¢
FRESH DILLS	Kosher Del Monte 12 oz. Reg. 45c	39¢
KAL KAN	Whol Pup 14 oz. Reg. 37c	34¢
DOG FOOD	Purina Chuck Wagon 40 lb. Reg. 7.99	6.99
JUBILEE	Johnson Foam 10½ oz. Reg. 1.04	99¢
DIAPERS	Kimbies New Born 30's Reg. 1.59	1.54
CHILI & BEANS	Hormel Reg. or Hot 15 oz. Reg. 58c	55¢
SPAM	Hormel Smoked 12 oz. Reg. 1.03	97¢
RICE MIXES	MJB 6 oz. Reg. 39c	34¢
JAM	Strawberry Mary Ellen 18 oz. Reg. 82c	77¢
RICE-A-RONI	Golden Grain Chicken or Beef 8 oz. Reg. 40c	37¢
DOG FOOD	Kal Kan Chunk Beef 14 oz. Reg. 36c	33¢
BLEACH	Snowy 40 oz. Reg. 1.22	1.15
STARCH	Easy on Spray 22 oz. Reg. 69c	59¢
POPCORN	Jollytime Yellow or White 20 oz. Reg. 47c	43¢
TACO MAKINS	Rosarita 20 oz. Reg. 83c	73¢
CLEANER	Lysol Toilet Bowl Cleaner 16 oz. Reg. 55c	51¢
CLOTHS	Wonder 10's Reg. 60c	57¢

Frozen Foods

BROCCOLI	Green Giant Cheese Sauce 10 oz. Reg. 47c	43¢
CAULIFLOWER	Green Giant Cheese Sauce 10 oz. Reg. 47c	43¢
WHITE CORN	Green Giant 10 oz. Reg. 47c	43¢
LIMA BEANS	Green Giant 10 oz. Reg. 47c	43¢
BABY PEAS	Little Green Giant 10 oz. Reg. 47c	43¢
SNACK ROLL	Jane Pizza 9 oz. Reg. 1.08	99¢
SNACK TRAYS	Jane 7¼ oz. Reg. 1.08	99¢
CORN DOGS	Johnson 11 oz.	85¢
ORANGE JCE.	Treesweet 6 oz.	29¢
ORANGE JCE.	Treesweet 12 oz.	56¢
PIZZA	Totinos Pepperoni or Sausage 13½ oz. Reg. 95c	83¢

Super Low Meat Prices

RIB STEAK	Boneless Center Cut Midwest Cornfed Beef	lb. 1.89
BBQ STEAK	Boneless Center Cut Cross Rib Cornfed Beef	lb. 1.59
CHUCK STEAK	Center Cut Midwest Cornfed Steakhouse Beef	lb. 98¢
STEW BEEF	Lean and Meaty Boneless Cornfed Beef Cubes.	lb. 1.39
CUBE STEAK	Midwest Cornfed Steakhouse beef. Rich in flavor.	lb. 1.89
GROUND CHUCK	Ground Fresh from 100% Cornfed Beef Chucks.	lb. 1.09

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BEER
PABST 12 oz. Can 12 PK. **2.32**
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3.99 YOUR CHOICE

FISH AND DELICATESSEN

SAUSAGE	Bird Farm Whole Hog Mild or Sage 12 oz. Roll	ea. 89¢	CHEESE	Cheddar Chunks Mild Raley's	lb. 1.49
SLICED HAM	Oak Danish 16 oz. Pkg.	2.29	CHEESE	Longhorn Cheddar Chunks Raley's	lb. 1.55
L. MEATS	Made-Rite SL, Spiced Lunch, Beef, Reg., Thick, Garlic Bologna, Cooked, Beef Salami 12 oz. Pkg.	ea. 89¢	CHEESE	Monterey Jack Chunks Raley's	lb. 1.55
BOLOGNA	Made-Rite Reg. or Beef 13 oz. Roll	ea. 99¢	FRESH PERCH	Delicious, Meaty Fillets	lb. 98¢
SALAMI	Made-Rite Reg. or Beef 13 oz. Roll	ea. 99¢	SMELTS	I.Q.F. 1 lb. Pkg. Fresh Frozen	ea. 89¢
CHUBS	Made-Rite Liver Sausage 13 oz. Roll	ea. 99¢	FISH STICKS	Gortons Heat 'n Eat 7 Lb. Pkg.	1.69
FRANKS	Made-Rite Reg. or Beef 12 oz. Pkg.	ea. 75¢	BIT-O-SHRIMP	Heat-N-Serve	1.49
BACON	Armour Star Sliced 1 lb. Pkg.	ea. 99¢	DOVER SOLE	Fresh Fillet	lb. 1.39

YOUR DOLLAR BUYS MORE AT A RALEYS STORE

The Sacramento Observer

AUTOMOTIVE SECTION

TIMELY TODAY JUST AS IN '36

Fuel Economy

More economical use of fuel is a major concern of the auto owner, and free booklets on how to get better gasoline mileage are being offered by Dodge dealerships today, just as they were nearly 40 years ago.

In a recent letter to dealers, Dodge general sales manager Richard D. McLaughlin, said that although the problems of the energy crisis have lessened, the crisis left its impact on the public toward more economical transportation.

"Dodge has always offered economical vehicles ... and will continue to do so," McLaughlin said. To let customers know this, and to provide tips on getting even better gasoline mileage, McLaughlin touted the free booklets entitled: "Better Gasoline Mileage Through Chrysler Engineering and You."

The booklets stress low maintenance components such as electronic ignition and radial tires, and advise buying the right size engine with no more cubic inches than an owner needs.

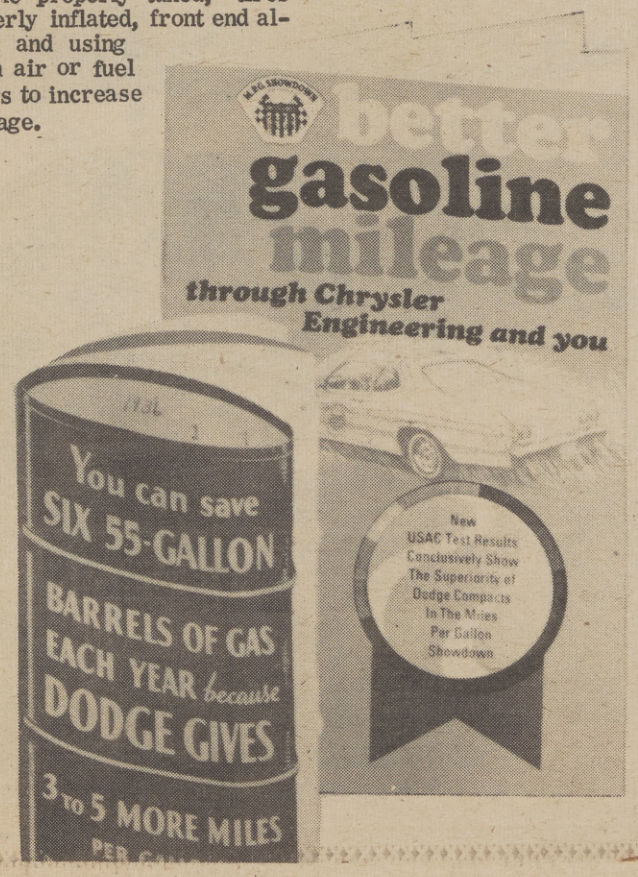
There are tips on keeping a vehicle properly tuned, tires properly inflated, front end aligned and using clean air or fuel filters to increase mileage.

If emphasis on fuel economy sounds familiar, one need only dig into the archives to find similar owner information. Back in 1936, for example, when Social Security was being introduced, when the news of the day was the Spanish Civil War and the abdication of English King Edward VIII, Dodge offered a booklet with a red cover shaped like a gas drum with the message: "You Can Save Six 55 Gallon Barrels of Gas Each Year because Dodge gives You 3 to 5 More Miles Per Gallon."

The text when on to tell why owners across the country reported getting from 18 to 24 miles per gallon of gas, and savings of up to 20 per cent on oil.

Among the money-saving features were the Dodge "Red Ram" engine with automatic water temperature control for more efficient starting warmup.

The booklet also covers fuel economy leadership established by Chrysler Corporation vehicles in past Mobil Fuel Economy runs and in recent U.S. Auto Club mileage tests.



The FOREIGN Compact Auto Guide

In a sense, Japan and Europe have won the war of the small cars, with some help from Detroit, Volkswagen, Toyota, Datsun, Colt, Capri, and now Mazda roam at will in our cities, when the United States devalued the dollar, making foreign cars more expensive than our own, Detroit loaded price increases on its minicars, thus failing to take advantage of devaluation. Detroit thought this would make its big guzzlers relatively more attractive and stem the tide of minicar buying. This strategy, one that would have commended itself to Gen. Custer, Field Marshal Paulus, and other innovative strategists who refused to be moved by reports of large enemy concentrations on their flanks, will have only one effect. It will increase the imports' share of the U.S. market.

Japanese (and some European)minicars trade on sex appeal. They are pre-Women's Lib in their gadgetry and appurtenances. Japanese cars, especially, are male-oriented, compared with U.S. minicars in which the dashboard and other controls have been reduced to a contempitible simplicity that's suitable, in a male chauvinist pig's eye, only for mechanically inferior females. Japanese cars capitalize on Japanese women's reputation, deserved or not, for "pleasing men;" thus the "idiot light" is banished in most Japanese cars, and the steering is for heavily muscled males - women might find it burdensome. Four- and five-speed manual transmissions abound, with all the possible complications they introduce. The tachometer, a wholly useless gauge except for outrageous speeding or male titillation, is a familiar dashboard adornment.

MacPherson strut suspension an ingenious system for front-end balance and control, is also common. It offers a more resistant ride than the more forgiving, flightier U.S. underpinnings. Secondary sexual considerations aside, however, the Japanese cars have captured Western imaginations on purely mechanical grounds, as we shall see.

MAZDA

The most noised-about newcomer from Japan is Mazda, the rotary-engine car. Once plagued with seal breakdowns (gaskets), Mazda overcame that notoriety when highly publicized tests showed the Mazda engine to be as durable as anything from Detroit or Europe. Then the Environmental Protection Agency said the Mazda RX-4 got gas mileage that only a trucker could love. The writer tested an RX-3 last summer and found it capable of about 20 mpg in city driving, using air conditioning. Poorer mileage has been reported on the new RX-4, about 13 to 16 mpg. This Mazda is a captivating car that meets much of its advertising build-up. It goes like the wind, and its small rotary engine, with four-on-the-floor (that's teen - age for hand shift) can make it spurt out of traffic. Steering is much harder than most flabby Americans are accustomed to. But hard steering is the norm in minicars, whether from Japan or Europe.

Mazda's suspension is taught; it doesn't coddle you so much as meet you half way. Some Mazdas have the MacPherson struts; others use systems similar to those of the usual American car. Mazda has a great emission-control system that already meets 1975 EPA demands. And the rotary engine is just the biggest innovation in motorcars since the Model T.

TOYOTA

Toyota's cars have names that recall something for a man to smoke - Celica, Corona, Corolla. Celica is a sports car. It has reclining front bucket seats of quasi-corporation style and a 97 h.p. engine that gives the car adequate, even spurting, acceleration. It also has radial tires, which provide much better traction than ordinary tires in rain and snow, last far longer, and improve gas mileage by 5 per cent. Celica's dashboard and shift console are laid out in cockpit style, and it's a charmer to drive. Its engine power, curb weight, and power train are combined with that equilibrium and poise sought as the Holy Grail by car designers.

Other Toyotas include the tiny Corolla 1200, with a 65 h.p. four-cylinder, over-head-valve engine and fair performance habits. This car will not seat four people comfortably; it's mostly for getting thru crowded places like shopping centers. Its gas consumption is among the most miserly of all cars.

The Corolla 1600 is Toyota's biggest seller. Its engine is an overhead - valve, four-cylinder with 88 h.p. The four-speed floor shift, strut suspension, disc-drum brakes, radial tires, and power-weight ratio make it one of the best of the minicars for basic transportation. It is conservative and highly economical, but because it has a front engine and rear drive, with all the wasted space of this traditional arrangement, not very roomy.

Corolla's Mark II is a compact about like the U.S. Dart or Valiant but a bit smaller. It has a number of refinements missing in those cars; it also has a higher price and a six-cylinder, 122 h.p. engine. That means more gas.

The Toyota Corona, a more powerful, more dashing car than the Corolla (it has the Cel-

(Continued on Page G-2)

The FOREIGN Compact Auto Guide

(Continued from Page G-1)

ica engine), nevertheless is in the upper gas performance class (in the 30s). How Toyota manages to get such mileage from these cars, despite their fairly peppy performance and curb weights is a mystery it also shares with Datsun and some Europeans.

The handling, steering, braking, and other driving aspects of Corona are more or less identical to Celica. Corona has an ESP feature that monitors various systems and reports to the driver about brake lining, oil and water level, overheating, exterior lights, etc.

COLT

Colt is Chrysler's "captive" import. Made by Mitsubishi, it is a splendid example of the Japanese conservative minicar - front engine, rear drive. Colt will remind you of Toyota in its pep. It is also easier to steer than most imports and comparatively quiet for a four-cylinder engine struggling against the emission controls, around its neck. In fact, Colt doesn't struggle; it runs beautifully. Colt has a great station wagon incredibly roomy for so small a car and a delight to drive, steer, view, park, and even take out to the trunpikes, because a tank of gas seems to go forever.

CAPRI

"The Sexy European," as it is advertised in the U.S., is the chief rival to Mustang II. It is thus between a minicar and a compact in size, power and weight. It has more of each than the minicars, especially if you add the six-cylinder engine option. It resembles such cars as Comet in what it is prepared to do on a highway, tho it lacks the Comet's surge and finesse. It hovers around the mid 20s in its gas mileage, depending on the driver, the options, the etc. People especially like its looks, apparently, plus the fact that it has European flair in performance (quick, dashing, responsive) with either the overhead-cam engine or the V-6 and the radial tires. If it competes with Mustang II - which it does in performance and carrying capacity - it has one notable advantage: It weighs 300 to 400 pounds less, hence gets better mileage and is easier to steer.

OPEL

Opel (chiefly the Manta) competes in Germany with Capri. It's a Buick - "captive import" with four-cylinder, overhead - cam engine, front disc and rear drum brakes - now virtually standard everywhere - and four-speed, floor - mounted manual transmission. It's energy take is small, in the mid-20s range. It's in the Vega-Pinto competition, in U.S. auto vernacular, and in the Colt - Toyota-Datsum competition viewed internationally.

The Opel is not a flashy car, nor is it so intended, but it represents solid value.

Look for more Foreign Compact details in next week's Auto Guide in this section.

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1972 Cadillac Cpe. DeVille
Fully equipped including Speed Control, Full Power. Bronze with a black vinyl roof. Stk # 780 Lic: 597 FEM
$4980.

1972 Mark IV
Fully equipped including AM/FM Stereo, Tilt wheel, New Radial Tires. Stk #792 Lic: 150 EAP
$6280.

1972 Mark IV
Fully equipped including Tilt and Full Power, AM/FM, Speed Control, Tilt Wheel. Stk# 777 Lic: 382 DWL
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1969 Mark III
Fully equipped, AM/FM Stereo, Tilt Wheel, Speed Control Stk # 762 Lic: YMM 929
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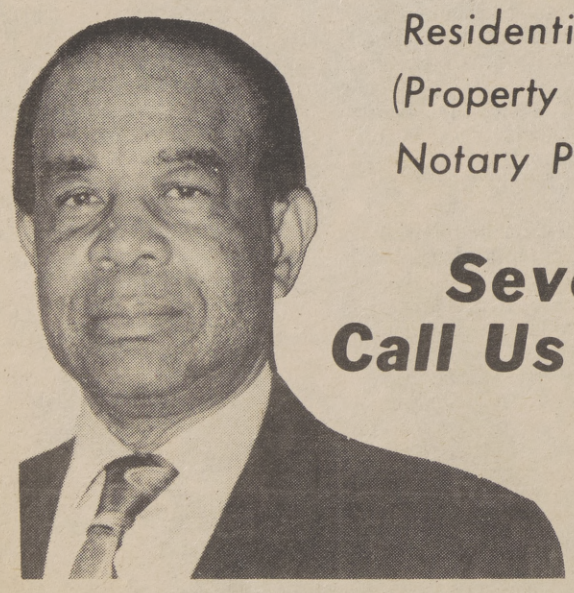

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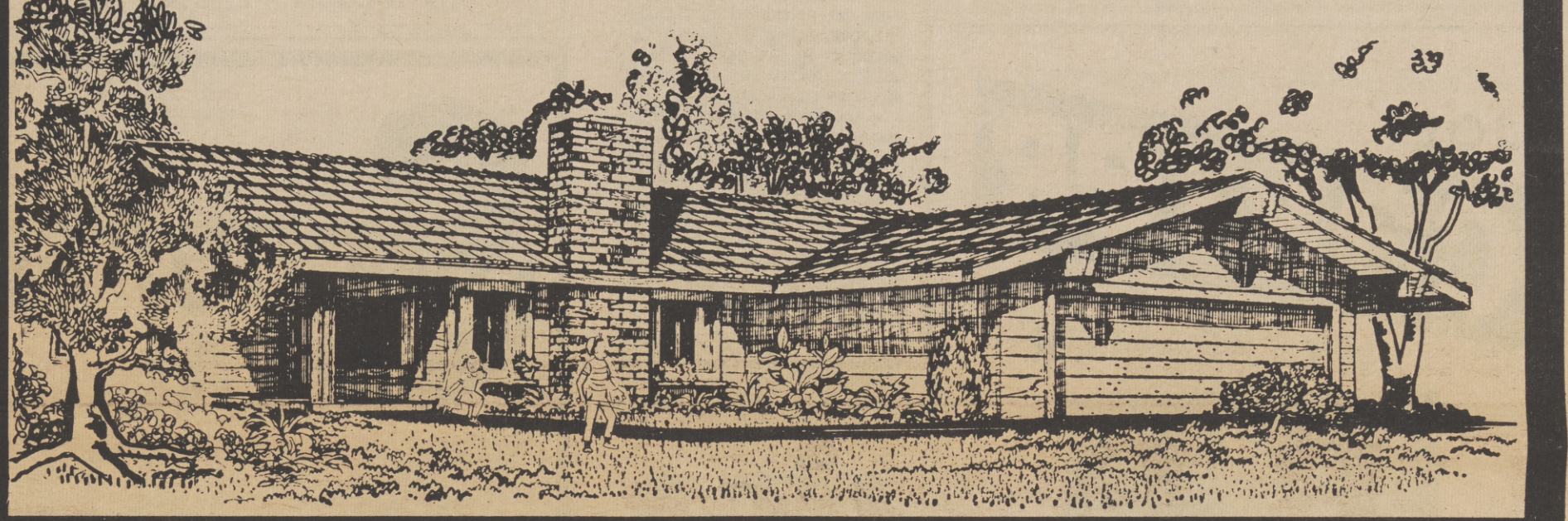
HOUSING & REAL ESTATE

SECTION G



LAW
Provides that it shall be unlawful
"To discriminate against any
person in the terms, conditions,
or privileges of sale or rental of a
dwelling, or in the provision of
services or facilities in connection
therewith, because of race, color,
religion, or national origin."
We at HUD reaffirm our commitment to the policy, practice,
and spirit of Fair Housing

HUD Secretary, James T. Lynn and Dr. Gloria E. A. Toote, Assistant Secretary of Fair Housing and Equal Opportunity, launch HUD's observance of the sixth anniversary of the Fair Housing Law with the signing of the HUD statement of reaffirmation to the policy, practice and spirit of Fair Housing. Ceremony took place earlier this month as hundreds of HUD employees looked on, many of whom also signed the reaffirmation.

Fair Housing In 6th Year Of Operation

The Fair Housing Law guaranteeing equal housing opportunity to all citizens is now a six year old national policy that has yet to become the reality of national practice and national attitude.

Our fair housing activities are critically important if we are to have equal housing opportunity for all citizens.

Housing discrimination complaints filed with the Department of Housing and Urban Development rose from 84 in 1968 when the legislation was enacted, to 2,713 in 1973.

Conciliation of cases has been marked by award of punitive as well as actual damages.

"In conjunction with case-by-case enforcement and compliance, which is a slow and often personal process, we are pursuing a major program of vol-

Over 62?

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FAIR HOUSING IN 6th YEAR OF OPERATION ...

untary fair housing compliance," said Dr. Gloria E. A. Toote, HUD Assistant Secretray for Equal Opportunity.

"The voluntary compliance programs are designed to involve all segments of a community by broadening the commitment to, and practice of, fair housing to an increased number of citizens," she added.

"Until the housing problem of America is resolved in a forthright manner," Dr. Toote said, "the problems of urban America and the problems of civil rights will continue to drain the Nation's economic viability and potential."

The new programs of voluntary fair housing compliance concentrate on:

- Corporate voluntary compliance, designed to mobilize private corporations and national organizations to bring into being a program for equal housing opportunity in their own communities. Agreements with at least eight national corporations are scheduled for this fiscal year. A booklet, "Equal Opportunity In Housing: A Manual For Corporate Employers," has been published;

- Areawide voluntary compliance agreements, aimed at opening housing marketing areas through affirmative action by housing interest groups, civil rights groups and local government. Thirteen areawide agreements have been signed to date, and negotiations are underway in more than 30 additional communities.

- HUD "Hot Line" telephone system, operated 24 hours a day since 1971, enables any citizen to call HUD, toll free, to report housing discrimination (800) 424-8590).

- Affirmative marketing regulations, requiring a sponsor or developer to submit a plan to HUD that HUD - insured projects be marketed so as to promote a condition in which all individuals of similar income levels in the housing market area have available to them a like range of choices in housing; the plan must additionally provide for an equal hiring policy in recruiting a sales staff, and outreach to minority groups, to counter traditional marketing practices that discouraged minority applications.

- Advertising guidelines for real estate advertisers assisting those who make, print or publish or cause to be made, printed or published advertisements with respect to the sale or rental of dwellings in complying with the requirements of Title VIII of the Civil Rights Act of 1968 and encouraging use of the Equal Housing Opportunity logo-type or slogan.

- Fair Housing poster, prescribed by HUD that must be displayed in all real estate and rental offices, lists the prohibitions of the law and advises individuals as to where they can file complaints.

- Lending institutions' poster, developed under an agreement between HUD and Federal financial regulatory agencies, is displayed by lending institutions.

- Code of Fair Loan Availability Guaranty, developed by HUD with the Mortgage Bankers Association, posted by member banks.

- Code of Equal Opportunity, developed by HUD with National Association of Realtors, displayed by all association members.

- "Equal Opportunity in Housing Service," a Prentice-Hall service published under HUD contract, contains constitutional and statutory basis for fair housing and a body of court decisions and discrimination agreements.

- Public Service advertisements, for radio and television, with "Nation of Neighbors" theme to alert individuals to their rights and exercise of rights.

Secretary Lynn said that the sixth anniversary of the Fair Housing Law marks the reaffirmation of HUD's "commitment to the policy and practice of fair housing" and called for support from all citizens of attitudes and practices that enable equal housing opportunity to be a reality for all citizens.

HEAD FOR THE HILLS

Some people can only escape the city hustle and noise on the weekend — but now you can escape all week long by living in Sacramento's ideal north area, only minutes from McClellan Air Force Base, with the most sensible prices.

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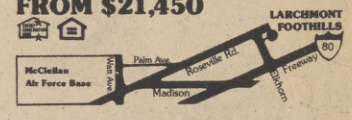

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THE U IN HOUSING

Three Significant HUD Housing Programs

by DR. GLORIA E. A. TOOTE
Assistant Secretary for
HUD-Fair Housing / EO

In a recent column, I suggested that the public will only be able to adequately deal with the system of government when it has current knowledge of existing government programs. In this column, I am identifying three significant Department of Housing and Urban Development programs that should be of interest.

Within the past few months, HUD Equal Opportunity requirements and guidelines have been developed that will affect the poor and minorities in areas such as job opportunities for project area residents; marketing and tenant selection in low-rent public housing; and equal benefits for minorities from housing and community development funding.

Section 3: Opportunities for Project Area Residents:

All applications filed with HUD on or after November 23, 1973, are subject to new Departmental regulations implementing Section 3 of the Housing and Urban Development Act of 1968. The regulations provide that any recipient of HUD funds or contractor doing work on a HUD-assisted project must submit an affirmative action plan outlining goals and methodology for the utilization of project area businesses.

The regulations also require HUD recipients and contractors to establish a goal for employment of lower income project area resident, and, to the extent possible, to fill all vacant training positions with such area residents.

MARKETING AND TENANT SELECTING IN PUBLIC HOUSING

Since February 25, 1972, all FHA developers have been required to attract applicants of all racial and ethnic groups to their developments through the use of minority newspapers, the equal housing opportunity logo, and notice to community groups. Although the full impact of the affirmative marketing program is yet to be measured, preliminary indications are that almost two-thirds of new subdivisions and almost three-fourths of multifamily projects have mixed occupancy, a very substantial improvement over previous HUD experiences.

DR. GLORIA TOOTE

In Turnkey III regulations published by the Department on October 9, 1973, affirmative marketing requirements were extended to public housing for the first time. Local Housing Authorities are required to utilize outreach efforts in advertising homeownership opportunities.

The Current regulations establishing the new Section 23 Housing Assistance Payments Programs require that both private developers of new housing under the program and local housing authorities utilize affirmative marketing techniques to recruit families who will receive housing authority subsidies while occupying privately owned units.

The Section 23 programs also fully incorporate all other applicable equal opportunity requirements, including opportunities for project area residents, nondiscrimination, in construction employment, and nondiscrimination in the terms and conditions of rental.

EQUAL BENEFITS FOR MINORITES FROM HOUSING AND COMMUNITY DEVELOPMENT FUNDING

Much has been learned about how to insure equitable benefit from HUD programs. For example, through HUD review of each project, an effort has been made to insure that some subsidized housing be built outside areas of minority concentration and that water and sewer projects not deny service to minorities. In the planning programs, applicants have been required to address issues such as exclusionary zoning, transit systems, relevant local services, and other equal opportunity concerns.

This topic is covered succinctly in a new HUD handbook, "Guide to Planning and Management for Equity in Housing and Community Development." It includes 25 appendices comprised of examples of creative actions taken by citizens and by local, state, and regional governments.

The handbook is applicable to programs currently funded and is expected to be a primer for governments in their planning and budgeting of special and general revenue sharing funds.

"This column is presented as a public service by THE OBSERVER for its readers."

Elderly Housing Seeks Approval

Sacramento Housing and Redevelopment Agency officials, will be approaching the federal government next month to approve a budget and funding for construction of 30 units of elderly, low-income housing at 909 38th Street.

The Sacramento architectural firm of Taketa and Hansen, was named earlier this month to design the project. Several firms were interviewed by agency officials before the selection was made.

U.S. Department of Housing & Urban Development gave initial approval of the elderly project several months ago, even though a moratorium on such construction exists.

"Ours is one of the few such projects in the nation to get the go-ahead inspite of the moratorium so it is really a compliment to the agency and to the people of Sacramento," commented William Seline, agency executive director.

Once the federal government renders approval of the plans and budget, work will proceed.

Ken Stroth, agency technical assistant, said the development will involve about 500-square-feet per unit and will have a small community center with an eating room, laundry facilities, an office and a medical service room.

"The living units will be spread out in several two-story structures with elevators and apartments will house one and two people," Stroth said.

Other agency elderly projects similar to the one on J Street are at 2516 H Street, 3543 1st Avenue, and 2845 37th Street.

VA Homes

These properties are available to anyone - veteran or non-veteran, with stable employment and good credit without regard to race, color, religion, sex or national origin. Features include quick possession and no loan fees or points. All properties are sold in "as is" condition without any warranty; however, most homes have been renovated. Phone any real estate broker for complete information.

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3151 33rd Avenue	2 1	100	117	12,900
7662 Billings Way	4 2	200	205	20,900
63 Cathcart	2 1	None	121	10,900
131 Cathcart	3 2	None	144	13,500
1401 Dickson Court	2 1	200	132	12,900
200 Fairbanks	3 2	None	117	9,500
4109 E. Nichols Avenue	2 1	150	121	11,950
3832 Palmetto Street	2 1	None	101	9,300
6250 Sun River	3 1	100	122	11,400
4301 37th Avenue	3 1	250	178	16,950
7467 Red Willow Street	3 2	250	202	18,950

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2001 BROADWAY - PHONE 452-5858

Real Estate 300

EQUAL HOUSING OPPORTUNITY

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

Official Notice To Real Estate Brokers

OFFICIAL LISTING DATE :

April 26, 1974

Five Day Waiting Period Expires :

4:30 P.M. May 2, 1974

SACRAMENTO SOUTH

2111 Berg Avenue	21,000	F1	3	2	$445
3512 Gemini Way	19,000	E1	3	1-1/2	498
5061 36th Street	20,000	E1	3	2	-
7517 Bowen Circ.	22,500	F1	4	2	-
7580 51st Ave.	13,500	B1	3	1	-

SACRAMENTO NORTH

3920 Huron St.	13,000	B1	2	1	-

BRODERICK

1008 Rich St.	14,500	B1	2	1	-

CITRUS HEIGHTS

7110 Witchinghour Court	21,500	F1	3	1	-
7208 Kersten St.	21,500	F1	3	1	549
8249 Villa View Drive	23,000	F1	4	2	-

FAIR OAKS

6911 Linker Ct.	20,000	E1	3	1	549

STOCKTON - Sales Code 3

612 Oro Ave.	4,500	3	2	1	-
2068 East Myrtle	7,500	3	3	1	399

STOCKTON - Sales Code 2

1311 East Scotts Avenue Units 1 - 2 - 2 - 4	31,000	2	2	1	1,056

PLACERVILLE - Sales Code 2

644 Canal Street	16,500	2	3	1	-

SACRAMENTO - Sales Code 3

2638 Portola Way	6,000	3	3	1	-
2841 38th Street	5,500	3	3	1	-
7655 Morningside Drive	13,500	3	3&FM	2	-
927 Eleanor Ave.	6,000	3	2	1	295

RANCHO CORDOVA - Sales Code 1

3009 La Rue Way	17,000	D1	2	1	441

TRACY

890 Palm Circle	15,000	C1	2	1	455
772 Sequoia	18,500	D1	4	1-1/2	578
631 Palm Circle	15,000	C1	2	1	484
747 Palm Circle	18,500	D1	3	1-1/2	550

CONDOMINIUMS

SACRAMENTO - Sales Code 1

5972 Walerga Road #3	14,500	B1	2	1	-

STOCKTON

4437 La Cresta Way #3	14,500	B1	2	1	251w/HoEx

STOCKTON- Sales Code 1

4416 Calandria Street #1	14,700	B1	2	1	251w/HoEx

Please see receptionist (Room 147) for location of sales drawing. The sales office has moved to Room 498 at 801 I Street, Sacramento. Telephone numbers will remain the same.

TO THE PUBLIC

We have others for sale to qualified purchasers without regard to the purchaser's race, color, creed or national origin.

Real Estate 300

LIVE IN CONVENIENT HILLSDALE

Bohannon Homes. Adjacent to Jr. & Sr. High, Elementary School & Shopping. Choice of 3 & 4 bedrooms, 1 & 2 baths, family rms. Rear yards fully fenced. Front lawn, shrubs, and tree planted for you. Street lights. Models open 10 a.m. 'til dusk. 6113 - Hillsdale Blvd. 331-8930.

MOTEL

MOTEL, East Oakland, 22 units, clean, good repair, excellent gross, steady clientele, help finance. Call (415) 568-5414. Mr. Stan Thomsen, 10400 McArthur Blvd., Oakland, Calif. 94605.

A HOME

FHA appraised $14,500. Fenced yard with fruit trees. Three blocks from Jr. High School and 4 blocks to high school. On corner lot near Haginwood Park. 487-4600 Agent

SOUTHGATE AREA

Three & four bedroom homes, most with two baths, all appliances, fully carpeted and draped, fenced yard, two car garages, newly painted, central air & heat, children and pets okay. Rental rates from $195 to $225 per month. Phoenix Properties Call 452-3816, daily 9 thru 6, Saturday and Sunday, 10 thru 4.

GET GOOD RESULTS IN FINDER CLASSIFIED

Insurance 700

PROTECT YOUR HOME WITH FARMERS HOMEOWNERS POLICY

NEED AUTO INSURANCE? GET THE BEST WITH FAST, FRIENDLY SERVICE FROM

STAN LIVINGSTON

Farmers Insurance Group

FIRE-AUTO-TRUCK-COMMERCIAL-LIFE
9779 Lincoln Village Dr. Ph. 363-2648
Sacramento Calif. 95827 Res. 362-3200

Furniture & Appliances 550

DEANS

New & Used APPLIANCE

EASY FINANCING
BANK AMERICARD MASTER CHARGE

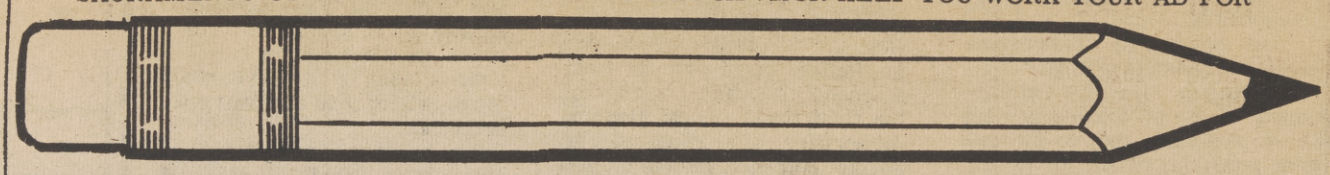
EXPERT REPAIR

OF WASHERS, DRYERS, AIR CONDS., GAS AND ELECTRIC RANGES

Sales & Services

3514 BROADWAY 451-6556

SHARPEN YOUR PENCILS AND JOT DOWN THE ITEMS YOU HAVE TO SELL. THEN PHONE THE SACRAMENTO OBSERVER AND LET A FRIENDLY ADVISOR HELP YOU WORK YOUR AD FOR



FOR FAST RESULTS

PHONE (916) 452-4781

WHITNEY VILLAGE

One-story contempory cluster houses. Designed by Carter Srparks, Architect. Self-cleaning ovens, dishwashers, carpeting and lots more.

2 BEDROOM
1½ BATH
$22,300

3 BEDROOM
1½ BATH
$23,300

STRENG BROS. HOMES

Eastridge Subdivision
Single-Family Dwellings
5642 Mariposa Ave.
Open Daily til 6:00 p.m.
Call 966-1700

EQUAL HOUSING

Models in Whitney Village
Whitney Ave. & Foster Way
Open Daily 1-5 p.m.
482-0732

Efficiency Studio Apts.
(Ideal for Bachelor)

They're not for

EVERYBODY

(only if you're 62 or over)

- Panoramic View of the City
- Centrally located elevators
- Social lounges on every floor
- Complete laundry facilities
- Easy-to-work in kitchen
- Periodic Health Nurse Visits
- Built-in oven & range, refrigerator, and disposal
- Lots of cupboard space
- Shag carpets, drapes
- Well heated, fully air-cond.
- Emergency notification system

Planned Activities
by our Social Director

(Bingo, Tours, Hobbies, Adult Education, Mild Exercise Program, etc.)

The Wong Center
333 J STREET, SACRAMENTO
PHONE: 447-9291
(if no answer . . . 442-6853)

EQUAL HOUSING

FINDER

The Sacramento Observer (916) 452-4781

CLASSIFIED ADS

CLASSIFIED ADVERTISING INDEX

All FINDER Ads are placed in Classification for your convenience. All classifications are listed by title and numerical order. THE SACRAMENTO OBSERVER reserves the right to classify all advertisements, to delete objectionable words or phrases or to edit or refuse any advertisement. Every FINDER Classified Ad must specify a bona fide offer in good faith. Advertisers will hold THE OBSERVER harmless against all claims resulting from publication of an advertisement.

THE OBSERVER will not assume responsibility for more than one week's incorrect insertion and reserves the right to make correction in the next issue. Liability for errors will not exceed the cost of space occupied by such error. All FINDER Classified Advertisements should be checked by the advertiser the first week of publication.

ANNOUNCEMENTS	100	Meetings	140	Help Wanted	210	RENTALS	400	AUTOMOTIVE	600	Recreational Vehicles	680
Personals	110	Drugs & Sundries	150	Agencies	250	Apartments	450	Trucks, Trailers	630	INSURANCE	700
Legal Notice	120	Schools & Instructors	160	Real Estate	300	MERCHANDISE	500	Mobile Homes	640	TOO LATE TO CLASSIFY	800
Lost & Found	130	EMPLOYMENT	200	Home Loans		Furniture & Appliance	550	Motorcycles	660	QUICK BUSINESS GUIDE	900

Want to buy?... Sell or trade?... Looking for services?... Call (916) 452-4781

When answering a FINDER Classified Ad, please refer to the advertisement by Classification Number

Personals 110

SACRAMENTO BAIL BOND

SINCE 1926
24-HOUR SERVICE

A. RICCI-F. VANCE
F. WITTON

443-2523

600 EYE ST.

RENT TO OWN

TV's and STEREOS

$7.00 and UP

Free delivery, free service, 451-8213 - 451-8675

Drugs & Sundries 150

OUYE'S PHARMACY

Prescription Pharmacists

WE DELIVER

Free Parking

HI4—7370

10th and V Street, Sacramento

TEETHING PAIN

Many baby doctors tell mothers to use this fast, safe, gentle relief. Helps teething baby and you sleep.

baby ora-jel

Help Wanted 210

GROWTH WITH POTENTIAL FOR

QUALIFIED CANDIDATES

Mostek Corp., is an agressive young company engaged in the design and manufacturing of electronic devices, calculators, digital clocks, and other types of electrical equipment.

PROJECT ENGINEER

Mostek requires the services of an electrical engineer to design and implement all portions of a project using the latest state-of-the-art components and techniques.
Requires BSEE with minimum 1-2 years experience in electrical digital design and implementation.

COST ACCOUNTANT SUPERVISOR

Openings available for promotional results orientated, degreed accountant with two years cost accounting experience. Responsible for implementating cost accounting financial reports. Must be an innovative self starter.

Mostek provides excellent salary and benefits. Send resume with salary history to:

MOSTEK

BOB MASSIE, 1215 W. Crosby Rd.
Carrollton, Texas, 75006
An Equal Opportunity Employer M/F

BOARD OPERATOR-TV BROADCASTING

Two years minimum experience as Board Operator in TV broadcasting station. Must have 1st class radio telephone operator license. Send resume to: Chief Engineer, KZIE, Box 6, Sacramento 95801. No phone or personal calls, please. An Equal Opportunity Employer.

GET GOOD RESULTS IN FINDER CLASSIFIED

Help Wanted 210

HOUSING SERVICES COORDINATOR

$1127 - $1371 City of Davis. Any comb. of training, exper. & Educ. equiv. to 3 yrs. resp. full-time admin. capac., and grad. from a 4-yr. col. or univ. w/deg in pub. admin., plan., soc., or rel. Apply to Personnel, 226 F St., Davis, CA 95616. All completed applications must be received by May 6, 1974

GEN. OFFICE Bookeeper

$500 up. Rush. Location midtown. Call Kay Carlos. PARLIAMENT PERSONNEL AGENCY
1812 J Street
HI 4-5860

FENCH INSTALLER

$5.00 hr. Chain link exp. installer. Call Oak Post
PARLIAMENT
PERSONNEL AGENCY
1812 J Street
HI 4-5860

ARTIST

$3.00 hr. Graphic and paste up exp. Bring samples. Call Oak Post
PARLIAMENT
PERSONNEL AGENCY
1312 J Street
HI 4-5860

KEYPUNCH OPERATOR

To $560. 6 mos. exp. 7,000 col. hr. Call Mr. Ben. PARLIAMENT PERSONNEL AGENCY
1812 J Street
HI 4 -5860

Help Wanted 210

MUNICIPAL AUDITOR

Establishes policies for auditing activities. Directs technical and administrative auditing functions. Maintains and audits staff and established standards of performance for staff. Coordinates annual audits and prepares annual financial report. Applications close April 30, 1974. Salary open. Send resume to Personnel Department, City Hall, 777 Pearl Street, Eugene, Oregon 97401.

ORGAN PLAYER

Organ player, trumpet player, trombone player, also vocalist, as soon as possible for rhythm and blues and Soul Band. For audition, contact. . . Fred Puckett, Jr., 362-6440 or Bobby Fears, 362-7937.

POLICE OFFICER

City of Davis
$883 - $1074
H.S. educ. no exper., lateral entry considered. Apply to Personnel, 226 F St., City of Davis, Ca. 95616. Final filing date: April 30, 1974. Equal Opportunity Employer

CUSTODIAN

City of Davis
$556 - $676
1 yr. of exper., knowledge of methods used in clng. & janitorial equip. Final filing date: April 22, 1974. Apply: Personnel, 226 F St., Davis Ca. 95616. Equal Opportunity Employer

Help Wanted 210

SAN JUAN GREENBACK APT. NO. 2

Equal Opportunity Fair Housing. Unfurnished apartment, 1 bdrm., $120 month; 2 bdrm., $146.86 per month; 2 bdrm., lg. $151.86 per month. Central heating & air cond. water, electric, hot water and garbage service supplied. Also furnished, wall to wall shag carpets, range and refrigerator. Apply at office, 7500 Greenback Lane, Citrus Heights, Ca. 95610

NEED MONEY $

1st and 2nd real estate loans, on any type of property, in any area, use money for any reason. Even if behind in payments or in-between jobs, we're here to help solve your financial needs. Appointments arranged in the privacy of your home or our office. We have a variety of plans to fit your needs & budget.
452-5593
24 Hour Service
We accept collect calls
GOLDEN PLAN OF CALIFORNIA
4305 Freeport Blvd.
Sacramento
A California Loan Brokerage Firm

NEW HOMES

Sunrise Estates
3 - 4 and 5 bedrooms
Price $19,750 to $29,000
726-2006 Agent 967-2200

SENATOR FORD'S EXCLUSIVE

YELLOW CLASSIFIED AUTO PAGE

SPECIAL PURCHASE SALE

FORDS — CHEVROLETS — OLDSMOBILES

USED CARS HUNDREDS BELOW BLUE BOOK

NEW 74 PINTO
2 dr. sedan

2300 engine. 4 speed, front disc brakes, bucket seats, vinyl trim, Ser. No. 4R10Y116889.

$2474

Immediate Delivery

NEW COURIER
1800 cc engine, vinyl trim, heater, 4 speed, arm rest, tool kit inside hood release 60 amp battery, 35 amp alternator. Ser. No. SGRANE52076.

$2674

Immediate Delivery

NEW 74 WAGON
2300 cc engine, 4 speed, front disc brakss, bucket seats front & rear, bumper seats, front & rear, bumper grds., vinyl trim. Ser. 4R12Y173181.

$2674

Immediate Delivery

NEW 74 LTD 2 DR. HT.
Factory air conditioning, automatic transmission, power steering, radio, heater, tinted windows, 400 engine. Ser. No. 4J62S132529.

$4174

Immediate Delivery

74 MAVERICK 2 DOOR
Economy V8, automatic transmission, power steering, radio, heater, wsw tirss, low miles. Lic. No. 914JVB.

$2774

Immediate Delivery

NEW 74 TORINO
351 CID engine, factory air conditioning, power steering, cruise-o-matic transmission, AM radio, tinted glass, front disc brakes, wheel covers, No. 4A25H137114.

$3574

Immediate Delivery

New 74 Mustang II
2 DOOR HARDTOP

2.3 Litre 4 cylinder, 4 speed transmission, front disc brakes, tachometer, bucket seats Auto. trans. & tinted glass. Ser. 4FO2Y284668.

$3074

Immediate Delivery

74 CREW CAB
AND CAMPER SHELL

8000 GVW, 390 V8 engine, AM radio, automatic transmission, power steering, 8.75x16.5 tires plus spare, tinted glass, many other extras. Ser. No. F35MCT80626.

$5474 Immediate Delivery

New 74 ½ Ton Pick Up
5100 GVW 300 CID engine, AM radio, pot. rear axle, special paint, vinyl seat. Ser. No. F10BRT87245.

$3074

Immediate Delivery

NEW 74 BRONCO
302 V 8 Engine, ranger package, rear bench seat, skid plates, cruiseomatic transmission, 4900 GVW. Extra cooling radiator. 5GX78X15. Mud & snow tread tires. No. 60263.

$4774

Immediate Delivery

SPECIAL PURCHASE 1973 MALIBU 2 Dr.
3 TO CHOOSE FROM

All have automatics, power steering, radio, heater and low mileage, vinyl tops. Lic. Nos. 994HLM, 437HLM, 995HLM.

ONE PRICE **$2588** $288 Down $75.88 Mo..

Total cash price $2756.88 including tax & license. Deferred payment price incl. all finance charges for 42 months $3456.48 A.P.R. 14.60% on credit approval.

SPECIAL PURCHASE 1973 NOVA 2 DOOR
6 TO CHOOSE FROM

All have radio, heater, power steering, power brakes, factory air conditioning, automatic, wsw tires. All have low mileage. Lic. Nos. 534HBX, 540HBX, 532HBX, 536HBX, 535HBX, 531HBX.

ONE PRICE **$2788** $388 Down $78.88 Mo.

Total cash price $2968.88 including tax & license. Deferred payment price incl. all finance charges for 42 months. $3700.12 A.P.R. 14.60% on credit approval.

SPECIAL PURCHASE 1973 LTD
Factory air conditioning, automatic transmission, power steering, radio, heater, under 17,000 miles. Lic. No. 679HGP.

ONE PRICE **$2988** $288 Down $88 Mo.

Total cash price $3140.40 incl. tax & license. Deferred payment price incl. all finance charges for 42 months $3984.00 A.P.R. 15.20% on credit approval.

SPECIAL PURCHASE 1973 OLDS CUTLASS
3 TO CHOOSE FROM

All have radio, heater, power steering, power brakes, factory air conditioning, automatic transmission, wsw tires. Low mileage. Lic. No. 595GLG, 534GLG, 273GLI.

ONE PRICE **$3488** $488 Down $95.88 Mo.

Total cash price $3710.88 including tax & license. Deferred payment price incl. all finance charges for 42 months $4509.92, A.P.R. 12.89% on credit approval.

SPECIAL PURCHASE 1973 MONTE CARLO
8 TO CHOOSE FROM

All have radio, heater, power steering, power brakes, factory air conditioning, automatic, wsw tires, steel belted radials, all have low mileage. Lic. Nos. 963HLM, 428HLM, 964HLM, 990GKJ, 487GTB, 940GKJ, 671GTA, 431HLM.

ONE PRICE **$3488** $488 DOWN $95.88 MONTH

Total cash price $3710.88 including tax & license. Deferred payment price incl. all finance charges for 42 months $4509.92 A.P.R. 12.89% on credit approval

VISIT OUR NEW FORD R.V. CENTER

NEW 18' EL DORADO MINI MOTOR HOME

King Size bed, dinette sleeper, shower room with vanity and lavatory, toilet with holding tank, hot water, heater, oven range, 30 gal. water supply, 12V 110V convertor, 2 roof vents Many other extras E30GH304961

$6488

IMMEDIATE DELIVERY

NEW 74 EL DORADO 24' MOTORHOME
Fully self contained, every extra you can imagine. Ser. No. 100-8630.

WAS $18,106.20

NOW **$13,874.00**

Immediate Delivery

USED CAR BARGAINS

65 DODGE
Polara. Radio, heater, automatic Lic. No RLA494
$388

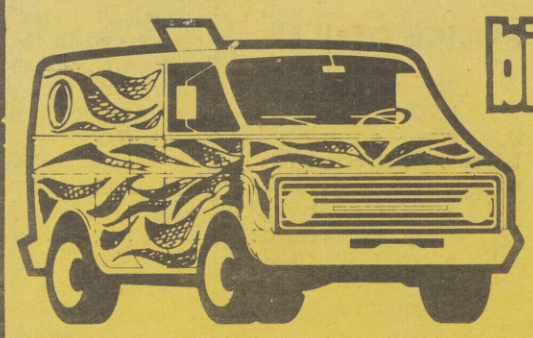
68 OLDS 88
Radio, heater, power steering, automatic Lic No UXB346
$988

66 FORD F-100
Radio, heater, 4 speed transmission Lic No T35701
$888

70 DODGE
Monaco 4 Dr., radio, heater, power steering, factory air conditioning, automatic Lic No 241BVJ
$1088

69 FORD
Galaxie 500 Radio, heater, power steering, factory air conditioning, automatic, vinyl top Lic No ZAU772
$988

67 PONTIAC
Catalina 2 Door Radio, heater, power steering, factory air conditioning, automatic Lic No VOC964
$688



bizi bodi The Van VANTASTIC! A DREAM ON WHEELS

See the genuine Bizi-Bodi Vans! Row upon Row! All different . . . All sensational fun machines. The ultimate . . . and only at

SENATOR FORD

Dazzling paint jobs! Custom Upholstery. Sexy Interiors! Deluxe paneling. Lush carpeting. Wide Ovals, Mags. A Mini Home on Wheels.

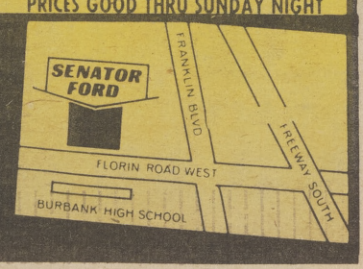
8 TO CHOOSE FROM

Ford LEASING

74 Pinto ..... $68.00 Mo.
74 F-100 PU ... $68.00 Mo.
74 TORINO .... $95.00 Mo.
LTD ..... $97.00 Mo.

SERVICE IS OUR MOST IMPORTANT PRODUCT

OPEN MONDAY THRU SATURDAY 9-9, SUNDAY 10-6
SERVICE DEPT. OPEN MON. THRU FRI. 7:30 TO 5:30
PRICES GOOD THRU SUNDAY NIGHT

SENATOR FORD

3801 Florin Road West . . . Sacramento, ph. 391-3000